
The
Arizona
Cook Book

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Shredded Wheat Dishes

A dainty, wholesome, appetizing meal can be prepared with Shredded Wheat Biscuit "in a jiffy." It is ready-cooked and ready to serve. You can do things with it that are not possible with any other "breakfast food." It is the only cereal food made in buscuit form. Combined with fresh or preserved fruit, or with creamed meats or creamed vegetables, or simply eaten as breakfast food with milk or cream, it is delicious, nourishing and satisfying.

Shreeded Wheat is made of the whole wheat, cleaned, cooked, drawn into fine porus sherds and twice baked. It is the cleanest, purest cereal food made in the world. Recipes for making many wholesome "Shredder Wheat Dishes" will be found in this book.

SHREDDED WHEAT is made in two forms: BISCUIT, for breakfast or any meal; TRISCUIT the Shredded Wheat wafer, eaten as a toast for luncheon or any other meal with butter cheese or marmalades. Both the Biscuit and Triscuit should be heated in the oven to restore crispness before serving. Our new Cook Book is sent free for the asking.

Made by

The Shredded Wheat Company

Niagra Falls, N. Y.

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THE ARIZONA COOK BOOK



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WILLIAMS, ARIZONA.

Williams is a thriving mountain city with a population of about 2,500, delightfully located in the heart of the great pine belt of Coconimo County, in Northern Arizona, at an altitude of 6,570 feet above sea-level. It is the terminal of the Grand Canyon Railway, and a commercial point on the A. T. & S. F. Railway. In addition to the revenue from these sources, there is situated in this city the largest saw-mill and box factory in the Southwest, which gives employment to many men. There are also stock ranges, copper mines and thriving ranches surrounding it.

Williams is about sixty miles distant from, and is aptly named the Gateway to the Grand Canyon of Arizona, being the only point from which to visit this world's greatest natural wonder, by rail. Five miles south of the city is situated Bill Williams Mountain, named for that famous hunder and scout, whose name it bears, and whose remains lie entombed on its summit. The mountain is easily accessible, as the beautiful winding trail begins right at the edge of the city. Nearly one-fourth of Arizona is visible from the highest peak, which has an aitltude of ten thousand feet.

Williams' summer climate is acknowledged to be the coolest and most delightful on the continent, the temperature averaging 75 degrees, the days being sunny and pleasant, and the nights always cool and conducive to sleep.

Williams has one of the most modern school buildings in the Territory, and an efficient corps of teachers. Also a Roman Catholic, and a Methodist Church.

Williams enjoys most of the modern conveniences, electric lights, water works, and a sewer system. The telephone service is also of the best.

Williams has the latest of Fred Harvey's hotels, the Fra Marcos, recently constructed at an expenditure of $125,000.00, and its accommodations cannot be surpassed.

Williams needs a public library.

"We may live without poetry, music and art;
We may live without conscience and live without heart;
We may live without friends; we may live without books;
But civilized man cannot live without cooks.

He may live without books—what is knowledge but grieving?
He may live without hope,—what is hope but deceiving?
He may live without love, what is passion but pining?
But where is the man that can live without dining?"

—Lucile.

DIET.

In a book of this character it wouldn't be amiss to say a few words on the effect of cooking on meats and vegetables. Will quote from the work of Friedenwald and Ruhrah on Diet:

"The effect of cooking on meat is to diminish its watery constituents, thus concentrating and rendering it more nutritious; by this process also the extractives, as well as some of the fats, are partly removed.

The chief loss in weight during boiling, sauteing, and pen broiling is due to water removed by the heat of the cooking. In the roasting of meats the chief loss is due to the removal of both water and fat. In pan broiling the losses which take place are very small as compared with the other methods of cooking. The longer time meat is cooked, and the higher temperature at which this is done, the greater the loss in water and fat, the larger pieces losing relatively less than the smaller ones.

The important object in the cooking of vegetables is to rupture the cellulose envelop and so to soften the contained starch-granules. Under the influence of heat and moisture the starch swells and bursts its envelop, forming a paste; this paste, in its turn, expands and ruptures the cellulose enveiope; cooking, therefore, renders vegetable foods more easily digestible.

In the cooking of meats a certain portion of the ingredients are lost. Unlike meats, however, vegetables become more watery in cooking. In this condition they are more easily acted upon by the gastric secretion; on the other hand, the addition of water in cooking so increases their buk that the motor function of the stomach is apt to be overworked."

Dr. C. D. Jeffries.

INTRODUCTORY.

Many cooks find from experience that few recipes can be followed exactly and under all conditions and in all climates.

In Northern Arizona the altitude, which 6700 feet, and the extreme dryness of the atmosphere affect certain articles in common use. For instance, salt loses its flavor when left standing, and requires a larger quantity. This is due perhaps to the evaporative atmosphere. Less baking powder and shortening, but more flour is necessary. Cake and bread require longer baking and articles cooked by boiling take a much longer time because the boiling point is lower. Soft boiled eggs need four minutes, while in lower altitudes three minutes will suffice.

This book, however, is not a high altitude cook book. We have endeavored to compile a book that could be utilized either in high or low altitudes, but of course, one must be governed to some extent by the locations from where the different recipes have been submitted.

We have omitted flavoring of brandy or wine in the few instances in which they were given. Otherwise the recipes stand just as they were received and we hope they will prove a pleasure and help to everyone.

The proceeds from the sale of this book will be used in constructing and maintaining a public library for our town.

WILLIAMS PUBLIC LIBRARY ASSOCIATION,
Williams, Arizona.

NECESSARY INFORMATION.

"A pint is a pound the world around."

3 teaspoons= 1 tabsp.
4 tablespoons= ¼ cup
1 cup= ½ pint.
1 round tablespoon butter= 1 ounce.
1 solid cup butter, granulated sugar, milk, chopped meat= ½ pound.
2 cups flour.....= ½ pound.
9 large eggs.....= 1 pound.

Table of Proportions.

1 cup liquid, 3 cups for bread.
1 cup liquid, 2 cups flour for muffins.
1 cup liquid, 1 cup flour for batters.
1 teaspoon soda to 1 pint sour milk.
1 teaspoon soda to 1 cup molasses.
¼ teaspoon salt to 1 quart custard.
1 teaspoon salt to 1 quart water.
⅛ teaspoon salt is a pinch.
¼ square inch pepper is a shake.

HIGH ALTITUDE RISING POWDER PROPORTIONS.

To one quart flour use two level teaspoonfuls baking powder.

To one cupful sour milk or cream use one-half teaspoonful soda.

To one quart flour use one and one-half teaspoonfuls cream of tartar.

For cake making many prefer using water instead of milk; also lard rather than butter, claiming the cake will be lighter as well as finer grain.

TO TEST YOUR OVEN.

Try with a piece of paper:—

If light brown, fit for pastry.

If dark yellow, fit for bread and heavier cakes.

If light yellow, fit for sponge cake and lighter desserts.

"Drink, pretty creature, drink."—Wordsworth.

BEVERAGES.

CHOCOLATE.

Mix two rounded tablespoons sugar, a pinch of salt, two squares of chocolate, one-fourth cup cold water; stir over fire until melted thick and smooth, add one cup boiling water. When ready to serve add three cupfuls scalded milk; keep hot over hot water until served.—Mrs. Geo. Barney, Williams, Ariz.

COFFEE.

To a pint of boiling water add two tablespoons coffee; let boil one minute, set on back of range to settle until ready to serve.—Mrs. Geo. Barney, Williams, Arizona.

COFFEE.

One tablespoonful ground coffee for each cup and one tablespoonful for the coffee pot. Tie in a cheese cloth; pour boiling water over it and let it boil up good for five minutes. Serve at once. When picnicing, put on fire in cold water and let it come to a good boil.—Mrs. Wm. F. Dermont, Williams, Ariz.

ICED COFFEE.

Do not throw away the coffee left from breakfast. Strain it. put it into glass bottles or jars and set it on the ice to serve as iced coffee at luncheon or dinner. Serve with rich cream and granulated sugar.—Contributed.

"Coffee, which makes the politician wise
And see through all things with Half-shut eyes."
—Pope.

A COCOA EGG-NOGG.

A cocoa egg-nog is quickly made. Beat the white of one egg until stiff, and add gradually, while beating constantly, one teaspoonful of sugar, one teaspoonful of breakfast cocoa and a few grains of salt. Add to one-half the mixture, while beating constantly, three-fourths of a cupful of cold mlik. Turn into a glass and pile the remaining mixture on top.—Woman's Home Companion.

FRUIT EGGNOG.

One egg, three tablespoons blackberry, raspberry, strawberry or pineapple juice; one tablespoon cold water, one-third cup

finely crushed ice, one-half grain saccharine dissolved on one teaspoon water. Crush fresh fruit, and strain through a cheesecloth. Beat egg slightly, add water, and fruit juice, a little at a time. Strain and pour this mixture over the crushed ice. Sweeten to taste.—Contributed.

UNFERMENTED GRAPE JUICE.

Three quarts of grapes, one quart of water, boil—strain. Three pounds of sugar to four quarts of juice; let come to a boil, bottle and seal.—Mrs. Geo. A. Coles, Middletown, Conn.

PINEAPPLE JARDINERE.

Canned pineapple, sliced or gated and drain well; set on ice and prepare one banana finely diced; the pulp of one grape fruit and one-half pound white sugar and water syrup. Serve in glasses topping each with a cherry. If pineapple is sliced shred it before adding the other fruits.—I. W. Bayles, Williams, Ariz.

LEMONADE.

Lemonade to serve through the evening for seventy-five persons. Five dozen lemons, one dozen oranges, one pound of sugar to each dozen fruit, one pint of hot water to each pound of sugar. After this is dissolved and cold, add the fruit juices, and cold water to taste. Makes about eight gallons.—L. T. Stansell, Manistee, Mich.

STRAWBERRY LEMONADE.

Make lemonade according to the usual recipe and add to it crushed strawberries in proportion of a cup of crushed berries to each quart of the lemonade. The strawberries should be crushed into a smooth pulp and will be better if run through a coarse sieve.—A Friend of the Cook Book.

PINEAPPLE CUP (For Afternoon Reception).

Put into a bowl the juice of three lemons and two oranges, a can of grated pineapple and one cup sugar. Let stand an hour then put through a fruit press; add as much water is you desire and put into a large bowl with a block of ice. On top put sliced pineapple cut in small pieces.—J. W. Baylis, Williams, Ariz.

PUNCH.

One quart grape juice, one quart plain water, one glass loganberry jelly dissolved in hot water, one glass blackberry jelly

dissolved in hot water; juice from one bottle Long's preserved cherries. Place on ice until ready to serve.

Prepare in separate pans: Juice from six lemons, six bananas cut in dice, cherries cut in halves, one-half cupful chopped almonds, one-half cupful chopped walnuts, one cupful orange juice ,one cupful grated pineapple. Fifteen minutes before serving put all together in punch bowl, adding sugar to taste and large piece of ice.—Mrs. Dermont, Williams, Ariz.

PUNCH (For Forty People).

One dozen lemons, one dozen oragnes, one-half dozen bananas, one pint can pineapple, juice from a quart can of respberries, ten cups sugar, five quarts of water.—Contributed.

FRUIT PUNCH.

One cup of sugar, juice of five lemons and three oranges, two cups of water, one cup of strong tea, one pint raspberry syrup, one quart of apollinaris water last.—Mrs. Geo. A. Coles, Middletown, Conn.

RECIPE FOR ONE GALLON FRUIT PUNCH.

Six oranges, sliced; six bananas, sliced; one can pineapple, one dozen lemons, juice; two pounds sugar, two quarts grape juice, one bottle cherries, and any other fruit desired.—John Langowsky, Williams, Ariz.

HALLOWE'EN PUNCH.

Make three quarts simple syrup, five quarts sugar to one quart boiling water, let stand over night. Add juice of three dozen lemons, three dozen oranges, juice from quart can best pineapple, juice from one bottle Marchino cherries. Add cold water enough to weaken down to suit the taste. Cut pineapple in small pieces; serve pineapple and cherries in each punch cup with tooth pick sticking in a cherry. This will serve thirty persons. Serve in large pumpkin.—Mrs. Geo. Barney, Williams, Ariz.

PLAIN PUNCH.

One quart lemon juice with one cup of sugar; let it stand one hour. One quart orange juice with one cup sugar; let it stand one hour. One pint Welch's grape juice, two quarts water; put all together, with cracked ice fifteen minutes before serving.—Miss Margarette A. Dermont, Williams, Ariz.

PRESBYTERIAN PUNCH.

Enough for 90 glasses. Four dozen lemons, two dozen oranges, two cans pineapple, using only the juice; two cans

cherry juice, two boxes strawberries, one box cooked, sweetened and strained. About half as much sugar in the lemons as for lemonade, grape juice enough to give a good wine colour. Use the other box of berries whole, one or two in a glass.—Mrs. B. M. Cutcheon, Manistee, Mich.

TEA.

Use water freshly boiled; for mild infusions allow one-half teaspoon for each cup. Pour boiling water on the tea, cover closely; let stand for five minutes.—Mrs. Geo. Barney, Williams, Ariz.

ICED TEA.

One teaspoonful Monsoon, or any black tea, to each cup, with three extra for tea pot. Pour on boiling water; leave on back of range five minutes. Strain into pitcher, allowing to cool slowly; when cool, place on ice until ready to serve. Pour into goblets with pieces—not cracked—ice; serve quarters of lemon with each glass. Sweeten to taste.—Mrs. Wm. F. Dermont, Williams, Ariz.

She—"Are you fond of tea?"
He—"Yes; but I like the next letter better."

BREAD

"Now therefore I pray thee, harken thou also unto the voice of thine handmaid, and let me set a morsel of bread before thee; and eat, that thou mayest have strength, when thou goest on thy way."—Bible.

THE BREAD I BAKE.

(By Kennett Harris.)

You tell me that you hold me dear,
 You say that for my love you sigh;
You're only happy when I'm near.
 Without me you would want to die.
That's very nice, I won't deny,
 Your heart I do not want to break,
But will you joke about my pie
 And will you scorn the bread I bake?

I've heard of husbands who would sneer
 And scold when matters went awry.
Who keep their wives in dread and fear,
 Who carp and grumble and decry.
Of course, you know, I don't imply
 That such a course you're apt to take,
But how about the chops I fry,
 And will you scorn the bread I bake?

Perchance within one fleeting year
 You might not rate my charms so high,
You might say that my roast was queer
 And call it tasteless, burnt and dry,
For me all dangers you'd defy,
 You'd brave the gallows or the stake,
But will you call my coffee lye,
 And will you scorn the bread I bake?

L'ENVOI.

There's this about the marriage tie:
 You'd suffer all for my sweet sake,
But how about the hats I buy?
 And will you scorn the bread I bake?

YEAST.

Soak one cake yeast foam in a little warm water over night. In morning grate two large or three medium potatoes, add one-third cup sugar, heaping tablespoon salt and three pints boiling water. When cool, add yeast, cover well, let rise in a warm place; after it rises, put in cool place.—Mrs. C. Wisehart, Flagstaff, Ariz.

YEAST.

One tablespoon sugar, two-thirds teaspoon ginger, one teaspooon salt, two cups flour, one pint boiling water. Mix all

together, boil till thick; when cool, add yeast cake, dissolved in water.—Mrs. Geo. A. Cole, Middletown, Conn.

YEAST FOR BREAD.

Into one quart of hot mashed potatoes stir one cup of flour, one of sugar and one-half cup salt; when smooth add one quart potato water, strain through colander if lumpy; put aside to cool, when about lukewarm add one dissolved yeast cake. Let stand for two days before using. In the morning when going to bake use in the proportions of one cup of yeast to two of water and thicken with flour, let rise till light and mix stiff and finish same as any bread. This yeast will keep for two or three weeks if kept at a moderate temperature and from the light.—Mrs. Atwood, Williams, Ariz.

BREAD.

To one cup yeast add one cup lukewarm water and enough flour to make batter. Let rise. To six cups flour add two tablespoons salt, one-half cup sugar and two tablespoons lard, add yeast and enough warm water to make soft dough. Let rise and knead down. Let rise and make into three loaves. Let rise and bake in moderate oven one hour.—Mrs. C. Wiseheart, Flagstaff, Ariz.

BREAD, QUICK WAY.

One pint milk, one pint water, one teaspoon salt, one tablespoon butter, one cake compressed yeast. Mix in flour to a soft paste and mix until it does not stick to moulding board; be sure and not mix too stiff. Grease pan and let raise until twice the size, then put in pans and raise again. Bake in moderate oven. —Mrs. Babcock, Manistee, Mich.

Mike—"Phwat's th' difference bechune a loaf of bread baked lasht wake and—"

Pat (Interrupting)—"Och, begorra, that's sthale!"

Mike—"Do ye mane to say that's a sthale joke?"

Pat—"No; Oi mane the bread baked lasht wake is stahle!"

BROWN BREAD.

Two cups sour milk, one teaspoon soda, two cups sweet milk, one cup molasses, one teaspoon salt, three cups corn meal, two cups graham flour, steam three hours. This recipe should be divided for a small family.—Mrs. C. H. Appleton, Williams, Ariz.

"That," said the loaf, pointing to the oven, "is where I was bred."

BROWN BREAD.

Three cups sour milk, two cups graham flour, two cups corn meal, one cup molasses, one cup raisins, two teaspoons soda; steam three hours or till done.—Mrs. H. F. Adams, Williams, Ariz.

BROWN BREAD.

Two cups graham flour, one cup corn meal, one cup wheat flour, mix flour well together; one cup New Orleans molasses, two cups sour milk, one and one-half cups cold coffee or water, one heaping teaspoon soda dissolved in sour milk, one teaspoon baking powder mixed well in flour, one teaspoon salt, one cup dry bread crumbs soaked in the sour milk; put in well greased tin forms, cover closely, place in boiling water, and steam constantly four hours; place in oven few minutes to dry.—Mrs. J. R. Treat, Flagstaff, Ariz.

BROWN BREAD.

One quart of Indian meal, one quart flour, one quart buttermilk, one-half cup molasses, one tablespoon of soda, bake one hour in medium oven.—Mrs. Finney, Williams, Ariz.

BROWN BREAD.

Two eggs, three-quarters of cup of butter, one cup of sugar, mix together then add three-quarters of a cup of molasses, cup of sour milk, one teaspoonful of soda stirred into the milk, one tablespoonful of salt, mix with half wheat flour and half corn meal to a thick batter and steam three hours.—Mrs. Montgomery, Williams, Ariz.

BROWN BREAD.

For three small loaves. Three cups graham flour, one cup black N. O. molasses, one cup sour milk, small teaspoon soda, one teaspoon baking powder, one tablespoon melted butter, pinch of salt; steam three hours.—Miss Retta Beasley, Flagstaff, Ariz.

BOSTON BROWN BREAD.

One cup wheat flour, two cups graham flour, one cup corn meal, one teaspoon salt, one-half cup molasses, one heaping teaspoon soda dissolved in hot water and stirred into molasses. Mix with enough cold water to make a medium thin batter; put in well greased moulds and steam two hours or more.—Mrs. C. M. Glowner, Williams, Ariz.

REAL BOSTON BROWN BREAD.

One cup of graham flour, two cups Indian meal, cup and a half sweet milk, one cup sour milk, one cup molasses, one teaspoon soda; steam three hours without moving.—Mrs. W. Patterson, Williams, Ariz.

SOUR MILK BROWN BREAD.

One pint corn meal, one pint graham flour, one teaspoonful soda, one teaspoonful salt, one cup molasses. Mix the meal with the flour. Mash the soda and salt before measuring; sift and mix thoroughly with the flour and add the sour milk and molasses, and beat well. If not moist enough to pour, add a little warm water. Pour into well greased moulds or pails, filling only two-thirds full, cover with a tight cover also well greased. Steam three hours, set the pail in boiling water, keep the water boiling and as it boils away replenish with boiling water to keep it at same level. Remove the cover and place mould in oven fifteen minutes to dry the crust.—Mrs. Maud M. Jones, Williams, Ariz.

STEAMED BROWN BREAD.

One cup of white flour, one cup of graham flour, one cup of corn meal, one-half cup of molasses, one and one-third cups of sour milk, one teaspoon of soda, and salt. Steam four hours. Enough to steam in two one-pound coffee cans.—Mrs. H. L. Aphold, Avalon, Catalina Island.

DUTCH BREAD.

Take enough bread sponge for one loaf, add one cupful sugar, one egg well beaten; knead and set to rise. When risen last time, knead into a loaf, wet the top with sweet milk and sprinkle cinnamon over top of loaf.—Miss Mary Spindler, Grand Rapids, Mich.

GRAHAM BREAD, ONE LOAF.

Three cups graham flour, one-half cup brown sugar, one and one-half cups sour milk, one teaspoon soda, one-half spoon of salt. Bake in moderate oven, try with broom straw.—Mrs. Finney, Williams, Ariz.

GRAHAM BREAD.

One-half teaspoonful salt, one-half yeast cake dissolved in lukewarm water, one quart water with the dissolved yeast cake, add equal amount of white and graham flour mixed moderately stiff. Set to raise. Add one cup molasses, one teaspoonful

anise seed, one small tablespoonful sugar. Knead moderately stiff with white flour. Put in pans to raise. Bake one hour slowly. Butter the top of the baked bread.—Mrs. Chas. Newberg, Williams, Ariz.

"Half a loaf is better than no bread."

NUT BREAD.

Two cupfuls brown sugar, two cupfuls sweet milk, four cupfuls flour, one teacup (or more) English walnuts, four teaspoonfuls baking powder, two eggs, a little salt. Beat eggs and add sugar slowly. While beating add flour, milk, baking powder, nuts and salt. Let stand one hour to allow flour to swell. Put in deep cake pans and bake in slow oven.—Mrs. E. W. Carlson, Williams, Ariz.

NUT BREAD.

Four cups wheat flour, four teaspoons baking powder (heaping), one teaspoon salt, one-half cup sugar, one cup walnut meats (finely chopped). Mix to stiff sponge with sweet milk. Divide into two loaves, put in pans, raise one-half hour, bake fortyfive minutes.—Mrs. Watson, Bay City, Mich.

NUT BREAD.

Beat one egg and add one cup sugar, then one and one-half cups sweet milk (or more). Sift together and add four heaping teaspoons baking powder and four teacups flour, one cup chopped walnuts. Let rise in pan fifteen minutes then bake in slow oven one hour. This quantity makes one loaf of bread.—Mrs. G. A. Pearson, Flagstaff, Ariz.

RECIPE FOR NUT BREAD NO. 1.

When baking bread, save one teacupful of yeast, one pint of lukewarm water, one egg, small portion of cinnamon to flavor, one cup of sugar, one teaspoon of salt, one tablespoonful of butter, one cupful of chopped English walnuts, enough flour to make into loaves, let rise, and bake in a slow oven one hour.—Mrs. Gus Jakle, Flagstaff, Ariz.

RECIPE FOR NUT BREAD NO. 2.

Three even cups of flour, one cup of graham flour, one-half cup of sugar, one egg, one cup of chopped walnuts, four teaspoofuls of baking powder, two cups of milk or a little more, enough milk to make dough, consistency of loaf cake. Bake one hour in a slow oven.—Mrs. Gus Jakle, Flagstaff, Ariz.

NUT BREAD.

To one quart flour add two heaping teaspoons baking powder, a little salt, one tablespoon lard and enough milk to make stift dough; a generous cupful of nuts and set to raise like ordinary bread for twenty minutes. Bake in a moderate oven and serve fresh. Very nice for sandwiches.—Mrs. Thomas S. Maddock, Williams, Ariz.

NUT LOAF BREAD.

One cup milk, one cup nut meats, one cup sugar, one egg, pinch salt, four cups flour, four level teaspoons baking powder. Let raise twenty minutes and bake in loaves.—Miss Kathryn Stark, Saginaw, Mich.

QUICK NUT BREAD.

Beat one egg, add one cup sugar and one cup sweet milk, sift together and add four heaping teaspoonfuls baking powder, four teacups flour, one teaspoonful salt, one teacup chopped walnuts. Let rise in pan fifteen minutes; bake in slow oven.—Mrs. E. P. Pooler, Flagstaff, Ariz.

OAT MEAL BREAD.

Make sponge with one yeast cake, let stand over night; add three pints warm milk, salt, sugar, one teaspoon lard, dissolved in milk; add four cups Quaker Oats, then stiffen with flour; let rise the second time, make into loaves and bake one hour.—Mrs. George Barney, Williams, Ariz.

RYE BREAD.

Into a quart of warm water stir as much wheat flour as will make a batter as for griddle cakes; then add half a cup of home made yeast and let it rise over night. In the morning put about four quarts of rye flour in a mixing pan and into this pour the sponge set the night before; also add a teaspoonful of salt and half a teaspoonful of soda dissolved in a cupful of lukewarm water. Make into a smooth dough, adding a little warm water if necessary. Knead it well, cover and let stand in a warm place for about three hours, then knead again and make into four medium sized loaves. Bake for one hour in a quick oven. —Mrs. George McDougall, Williams, Ariz.

The tramp should never complain of hunger when he can always enjoy a little loaf.

SALT RISING BREAD.

One pint of boiling water, salt, soda, and sugar about the size of a bean. Let stand until nearly cool, then put in flour enough to make a batter, and beat well. Set in kettle of warm water to rise. When the sponge gets light, mix like any other bread and put in pans and bake.—Mrs. Martin Buggeln, Williams, Ariz.

SALT RISING BREAD.

Two teaspoonfuls of sweet milk put into one pint of warm water, add one teaspoonful of salt, and two pints of flour, beat smooth, place in a jar and cover. Set in warm water and place where it will keep warm, but not hot. When it foams and runs over pour into flour (four pints) and mix with a little warm water, a teaspoonful of lard and a pinch of salt. Knead, mold and let rise. Bake in a moderate oven.—Mrs. K. W. Williams, Cynthiana, Ky.

GRANDMOTHER'S SALT RISING BREAD.

Put into a two-quart pitcher a pint of hot water and one-half teaspoon of salt, add three-fourths pint flour, mix well, set into a dish of warm water, keep this temperature until the batter has risen to twice its original bulk—this will be in from five to eight hours—the batter should be stirred once or twice; then add a batter made of two and one-half quarts of flour and one quart of very warm water; if a little more flour is necessary to make a soft dough it may be added. Mix well and place where warm to raise; when light, form into loaves, keeping the dough as soft as can be handled.—Contributed.

"Cast your bread in the cupboard
And in a few days
It will come out in a pudding."

SWEDISH RYE BREAD.

One sieveful rye flour scalded with hot water enough to moisten, cover and let stand one hour; one pint potato water, with dissolved yeast cake, and a little white flour, set to rise for one hour. With this mix the scalded rye flour, adding one cupful sugar, one cupful molasses, one-half cupful caraway seed, little salt. Knead stiff with white flour, letting it rise twice before baking. Bake slowly one good hour. Moisten top with a little molasses and water.—Mrs. Swan Friberg, Williams, Ariz.

WHOLE WHEAT BREAD.

Two yeast cakes, two tablespoons salt, four tablespoons sugar, three quarts water, flour to mix soft. Dissolve yeast cakes in

one cup warm water, add salt and sugar and enough flour to make a good batter. Let raise over night. In morning put flour in bread pan and knead well. Place in warm place until light and knead. Repeat process three times. Mix in loaves and let raise until light. Bake in a moderate oven for one hour.—Miss Theresa Francisco, Williams, Ariz.

"Bread is the staff of life."

Mrs Griswell's Unneeded Bread.
2 yeast cakes in 2/3 cup lukewarm water. 2 tbsp sugar
1 qt potato water 2 potatoes mashed fine.
3 qts flour 2/3 cup sugar 2 tbsp lard 1 tbsp salt.

BREAKFAST DISHES

"Dinner may be pleasant;
So may social tea;
But yet methinks the breakfast,
Is best of all the three."—Anon.

For prevention of tooth decay, and their care, use a good, medium bristle, tooth brush on arising and before retiring, with a good tooth powder as liquids and pastes are not sure to be good. Brush the upper teeth down and the lower ones up to prevent recession of the gums, using Peroxide of Hydrogen two or three times a week.—Dr. F. H. Waite, Winslow, Ariz.

BAKED APPLES.

Bellefleur apples, wash, cut in halves, remove core, place side by side in shallow baking dish. Cover with sugar, sprinkle with cinnamon; add one cup boiling water, small piece of butter and a few raisins on each apple. Cover all with ground English walnuts. Bake in hot oven until well done.—Miss Bertha Louise Robinson, Williams, Ariz.

BAKED APPLES.

Remove the cores from tart apples, fill with brown sugar, butter (small amount), English walnuts and allspice, and bake. This makes a delicious luncheon dish.—Mrs. F. O. Polson, Williams, Ariz.

SOUR CREAM BISCUITS.

To one pint of flour add one teaspoon salt, one level teaspoon soda, one rounding teaspoon baking powder, mix well, and then add one cup thick sour cream. Have dough as soft as can be handled, roll thin, cut, and bake in moderate oven.—Mrs. Bertha S. Kennedy, Flagstaff, Ariz.

SHREDDED WHEAT BISCUIT FOR BREAKFAST.

Warm the biscuit in the oven to restore crispness—don't burn—pour hot milk over it, dripping the milk over it until the shreds are swollen; then pour a little cream over the top of the biscuit. Or, serve with cold milk or cream, according to individual taste.—Contributed.

SHREDDED WHEAT BISCUIT WITH STRAWBERRIES.

Prepare berries as for ordinary serving. Warm biscuit in oven before using. Cut or crush oblong cavity in top of biscuit

to form basket. Fill the cavity with berries and serve with cream or milk. Sweeten to taste. Peaches, blackberries, raspberries, blueberries, pineapple, bananas, and other fruit, fresh or preserved, can be served with Shredded Wheat Biscuit in the same way.—Contributed.

TEA BISCUIT.

Place in your mixing bowl two cups of wheat flour with one and one-half teaspoons of baking powder, well sifted; one-half teaspoon of salt, one tablespoon of soft butter, one tablespoon of soft lard mixed together with one small cup of sweet milk; not too stiff. Do not roll—just smooth evenly with the hand, and use small cutter. Do not grease your tins. Bake about twenty minutes in a good oven.—Mrs. Wm. F. Dermont, Williams, Ariz.

TEA BISCUIT.

One quart of flour with two teaspoonfuls baking powder and one-half teaspoonful salt; rub in butter the size of an egg—or more—mix very soft with milk. Do not knead. Bake in a moderate oven.—Mrs. Dermont, Williams, Ariz.

PLAIN BUNS.

Two cups warm milk and three eggs, one scant cup of butter, a little salt, one cup of sugar and one-half cake of yeast. Work very hard, with white flour, knead twice.—Mrs. C. Lindstrom, Bellemont, Ariz.

SPANISH BUNS.

One cup sugar, three-fourths cup sour milk, one and one-half cups flour, two eggs, two tablespoons butter, one-half teaspoon cinnamon, one-half teaspoon cloves, one-half teaspoon saleratus, five cents worth of walnuts, three-fourths cup raisins. Bake in slow oven.—Mrs. Fred Terry, Milwaukee, Wis.

FRIED APPLES FOR BREAKFAST.

An appetizing dish for breakfast is fried apples and bacon. Cut the apples into eighths and core, but do not pare. Put them into a frying pan with a little water, just enough to cover, and let them boil until nearly tender. In the meantime fry the bacon and remove it from the frying pan and lay around the edge of a platter. Pour out some of the bacon grease, leaving enough in the pan to fry the apples, which are turned into the bacon pan and fried to a delicate brown. When done pile them in the center of the platter, letting the bacon form a border.—Contributed.

STUFFED APPLES.

Pare and take out center and fill with chopped walnuts, sugar and butter, sprinkle with cinnamon, put in a pan with a little water and bake in a moderate oven and serve with whipped cream.—Mrs. H. G. Schlee, Williams, Ariz.

BEATEN BISCUIT.

Mix one quart of flour with two tablespoons of lard and one teaspoonful of salt and one-half teaspoonful of baking powder sifted with flour. Knead into a stiff dough with equal parts of ice water and sweet milk, work with the hands on bread board and beat with a mallet until smooth and glossy or until it blisters. Roll, cut into shape, stick with a fork and bake in a moderate oven twenty-five minutes.—Mrs. K. W. Williams, Cyanthiana, Ky.

BUTTERMILK BISCUIT.

One quart flour, one tablespoon lard, one-half teaspoon salt, teaspoon soda, and enough buttermilk to make a dough which may be rolled thin and cut into biscuit. Bake in a hot oven.—Mrs. Roy Perkins, Williams, Ariz.

DROP BISCUIT.

Two cups of flour sifted twice, one cup of milk, one-fourth cup of butter or lard, one teaspoon of baking powder, one-half teaspoon of salt. Mix lightly and drop from tablespoon on pan lightly greased with butter. Bake in a quick oven.—Mrs. Ross Barnard, Williams, Ariz.

GRAHAM BISCUIT.

Sift together, one pint graham flour, one-half pint white wheat flour, one teaspoonful salt, one teaspoonful sugar, two teaspoonfuls baking powder; mix thoroughly, adding two tablespoonfuls lard and one pint sweet milk. If this mixture is too stiff, use water to make into a soft dough. Turn out upon a floured board, pat down, instead of roll—handling as little as possible. Cut into biscuit and bake in a steady oven.—Mrs. H. Ritter, Williams, Ariz.

CORN CAKES.

One tablespoon butter, four tablespoons sugar, one egg, separated; one cup milk, one cup corn meal, one cup flour, one-half teaspoon salt, two teaspoons baking powder.—Mrs. T. M. Riordan, Flagstaff, Ariz.

"Still let us for this golden corn,
Send up our thanks to God."
—Whittier.

CORN CAKE (That melts in your mouth).

Mix one cupful of sifted flour, one-half cup corn meal, two level teaspoons of baking powder, one teaspoon salt, one tablespoon sugar, one cup milk, one well beaten egg, two tablespoons melted butter. Bake in quick oven twenty minutes.—Mrs. Geo. Barney, Williams, Ariz.

CORN BREAD.

Two cups corn meal, one cup flour, two teaspoons baking powder, two cups milk, salt, two eggs.—Mrs. C. Lamb, Williams, Ariz.

CORN BREAD.

One-half cup sugar, one tablespoon butter, two eggs, one cup sweet milk, one cup corn meal, one cup wheat flour, one teaspoon soda, two teaspoons cream of tartar. Sift soda and cream of tartar with flour and meal, bake in moderate oven not over fifteen or twenty minutes.—Miss Eva Wheeler, Manistee, Mich.

CORN BREAD.

One quart sweet milk, two teaspoons baking powder, one teaspoon sugar, one-half teaspoon salt, one tablespoon flour, and corn meal to make a stiff batter.—Mrs. Frank Miller, Williams, Ariz.

CORN BREAD.

One quart sour milk, three eggs, one teaspoon soda, one-half teaspoon salt, one teaspoon sugar, one tablespoonful flour, and corn meal to make a stiff batter.—Mrs. Frank Miller, Williams, Ariz.

DUTCH COFFEE CAKE.

One quart light bread sponge, two-thirds cup sugar, two eggs, two large tablespoonfuls butter, one-half teaspoonful cinnamon; add flour until as stiff as can be stirred with spoon, let raise and knead down again. Put in bake tins and pour melted butter over top. Sprinkle with sugar and cinnamon.—Mrs. Gaddis, Williams, Ariz.

GERMAN COFFEE CAKE.

One teacup bread dough, small cup brown sugar, pint of milk, or milk and water, two eggs, one-half cup shortening, tablespoon salt; let raise. Then add one cup currants or raisins, tablespoon cinnamon; stir stiff; put in pans, sprinkle sugar and cinnamon over top, let raise again and bake.—Mrs. H. M. Stark, Williams, Ariz.

JOHNNY CAKE.

Two eggs, one scant cup sugar, two tablespoons molasses, two tablespoons melted butter, one cup sour milk into which has been dissolved one even teaspoon soda (if milk is extra sour use one rounding teaspoon soda), one-half cup flour; add corn meal until dough is right consistency to bake.—Mrs. E. E. Tefft, Anacortes, Wash.

GRIDDLE CAKES (without either milk or eggs).

Beat one level tablespoon flour smooth with a little water; add one-half cup boiling water, one teaspoonful sugar and one level tablespoon cottolene or butter; one cup cold water, one and a half cups flour, scant, in which sift one-half teaspoon salt and two teaspoons baking powder (or one of cream tartar and one-half of soda). Just as good as sour milk hot cakes.—Mrs. Atwood, Williams, Ariz.

BREAD GRIDDLE CAKES.

One pint scalded milk, small piece of butter, one pint bread crumbs (not dried) soaked over night; rub through a strainer, add two eggs, beaten separately; one cup flour, one-half spoon salt, two spoonfuls of baking powder; thin with cold milk, if needed. Bake slowly.—Mrs. Cora Scoville, Mainestee, Mich.

GINGER BREAD.

One-half cup sugar, one cup molasses, one-half cup butter, one teaspoon ginger, cinnamon and cloves; two teaspoons soda dissolved in one cup boiling water, two and one-half cups flour, two eggs last thing before baking.—Mrs. C. Lamb, Williams, Ariz.

HOT CAKES (for two).

One pint sifted flour, two tablespoonsful corn meal; mix one-fourth teaspoon salt, two-thirds teaspoon baking powder, one-half teaspoon sugar; mix dry, then add sweet milk, stirring in one egg. Beat all to a rather thin batter. Cook on hot griddle, serve hot with maple syrup.—A. M. Graham, Williams, Ariz.

CORN MEAL FRITTERS.

Two cups sour milk, one teaspoon salt, two eggs, one tablespoon brown sugar, two tablespoons flour, and corn meal to make a moderately stiff batter. Dissolve a scant teaspoon of soda in a little warm water and stir into the batter. Fry and serve with maple syrup.—Contributed.

ENGLISH GEMS.

Cream one cup butter with two cups brown sugar; add four beaten eggs, one teaspoon soda dissolved in one large cup of strong coffee, one cup molasses, four cups sifted flour, one-half teaspoon each of nutmeg, allspice, cloves and mace, two teaspoonfuls cream of tartar sifted with one-half cup flour, one cup raisins, one-half cup each currants and chopped citron. Mix well and fill buttered gem pans one-half full and bake. Serve hot with butter.—Mrs. M. S. Carpenter, Hackensack, N. J.

GRAHAM GEMS.

Mix with thin cream or milk to stiff batter, one pint graham flour, two teaspoons baking powder, one and one-half teaspoons salt, one-half teacup brown sugar (white will do), one egg. If cream is not obtainable, use milk and piece of butter size of egg. Bake in greased tins.—Mrs. McDonald Robinson, Williams, Ariz.

GRAHAM GEMS.

One and one-half cups buttermilk, one-half cup sugar, two tablespons butter or lard, one and one-half teaspoons soda (level), one teaspoon baking powder (heaping); thicken with clear graham flour.—Mrs. Watson, Bay City, Mich.

"JOLLY BOYS."

One and one-half pints rye meal, one-half pint flour, one-half cup corn meal, one egg, well beaten; little cinnamon, little salt, two teaspoons baking powder, two tablespoons each of molasses and sugar, and cold water enough to make a thick batter. Fry in deep lard or cottolene, a tablespoon at a time, until browned well; and drain on paper.—Contributed.

SALLY LUNN (with Yeast).

Pour two cups of scalded milk over two tablespoons of butter and sugar, each; one teaspoon of salt, when lukewarm put in one yeast cake dissolved in one-fourth cup of warm water. Beat three or four eggs, add to the batter made by stirring in flour until stiff batter is made. Let rise, put in shallow pans and let rise again, then bake and serve hot. Cut as you would cut a pie.—Mrs. K. W. Williams, Cynthiana, Ky.

SALLY LUN.

One pint flour, one cup sweet milk (or sour milk and soda,) and baking powder, one-fourth tablespoon melted butter, two teaspoons baking powder, two tablespoons sugar, pinch salt, two

eggs, well beaten. Bake in greased gem pans.—Mrs. McDonald Robinson, Williams, Ariz.

SALLY LUNN (with Yeast and Eggs).

One quart of flour, one pint of sweet milk, two tablespoons of sugar, one tablespoon of butter, one teaspoon of salt, two teaspoons of cream of tartar, one and one-half of soda. Mix soda and cream of tartar with milk. Put this stiff batter into piepans and bake in a quick oven. Pile them one a plate with melted butter between and cut through as you would serve a pie; serve hot.—Mrs. K. W. Williams, Cynthiana, Ky.

MUFFINS.

One egg, two tablespoonfuls melted butter, one cupful sweet milk, one and one-half cupfuls flour with one and one-half teaspoonfuls baking powder. Bake twenty minutes or more in gem tins.—Mrs. Dermont, Williams, Ariz.

GRAHAM MUFFINS.

Two cupfuls of graham flour, one cupful wheat flour, three tablespoons of sugar, two teaspoons of baking powder, a pinch of salt, one egg, beaten well; one cup milk. Lastly, add about one-half cup milk.—Miss Elva Burns, Cliffs, Ariz.

MUFFINS.

Two cups sifted flour, four level teaspoons baking powder and one level teaspoon salt, two tablespoons sugar, one tablespoon cottolene, one egg and one cup milk. Bake in muffin pans.—Mrs. F. W. Smith, Williams, Ariz.

BREAKFAST MUFFINS.

One-third cup butter, one-fourth cup sugar, one-fourth teaspoon salt, one egg, three-fourths cup milk, three cups flour, four teaspoons baking powder. Cream the butter and sugar, add the beaten egg, the milk, and stir in the flour which has been sifted with the baking powder. Bake in buttered gem pans about twenty or twenty-five minutes.—A Friend, Williams, Ariz.

HAM MUFFINS.

Sift together two cups of flour, one teaspoonful of salt, two teaspoonfuls of baking powder and one teaspoonful of sugar; add one cup of finely minced ham (one-fourth fat) and mix to a batter with one well beaten egg and one cup of milk. Put in heated and greased muffin tins and bake twenty minutes in a hot oven.—Mrs. C. A. Collett (nee Mrs. Simpson), California.

MUFFINS.

Two eggs, three tablespoons melted butter, two tablespoons corn meal, two tablespoons sugar, two teaspoons baking powder, one cup milk, one and one-half cups flour, pinch salt. Beat eggs and add last thing.—Miss Mary E. Walker, Flagstaff, Ariz.

ONE EGG MUFFINS.

Two cups flour, two and one-half teaspoons baking powder, one-half teaspoon salt, one cup milk, one and one-half teaspoons melted butter, one egg, one and one-half teaspoons sugar. Mix and sift dry ingredients, add milk slowly, then egg well beaten, and melted butter; bake in buttered gem pans about twenty-five minutes. If iron pans are used, heat thoroughly before putting in the mixture. This amount makes fifteen muffins.—Miss Katherine Wells, Glendale, Calif.

RICE MUFFINS.

Make a batter of one quart milk, three eggs, well beaten; one teaspoonful salt, one teaspoonful sugar, two cupfuls of flour with two scant teaspoonful baking powder. Sift, mix thoroughly, then beat in a cupful of cold cooked rice. Beat very hard for five minutes and bake in a quick oven. Serve hot.—Mrs. H. Ritter, Williams, Ariz.

RICE MUFFINS.

Two cups flour, three-fourths cup cooked rice (hot), two teaspoons baking powder, two tablespoons sugar, one cup milk, one egg, two tablespoons melted butter, one-half teaspoon salt. Method—Sift and mix flour, salt and baking powder. Beat in one-half the milk, the well beaten egg, the remainder of the milk with the rice and beat thoroughly and quickly; then add the butter. Bake in hot buttered gem pans in a hot oven.—Mrs. A. W. Richardson, Los Angeles, Calif.

RICE MUFFINS.

Sift two cups of flour, two teaspoonfuls of baking powder, half a teaspoon of salt, a scant one-fourth cup of sugar; beat one egg, add one cup of milk, half a cup of hot, boiled rice, mixed with three tablespoons of melted butter; stir well and bake in muffin tins.—Mrs. Geo. Barney, Williams, Ariz.

PUFFS OR POP OVERS.

Two cups milk, two cups flour, two eggs, beaten separately; one teaspoon salt. Mix salt with flour, mix the beaten yolks

with the milk, adding slowly to make smooth batter. Lastly fold in the beaten whites, put batter at once in the hot greased gem tins, filling half full. Bake in a hot oven not over thirty minutes. Serve at once.—Contributed, Saginaw, Mich.

POP OVERS.

Four eggs, two cupfuls flour and a pinch of salt, two and one-fourth cupfuls sweet milk. Beat eggs with Dover beater for ten minutes; add flour slowly and beat hard again, then last add milk, a little at a time. After the ingredients are all together, beat hard for fully five minutes. Use Dover beater entirely. Pour into oiled, warm tins, and bake in pretty hot oven for ten minutes, and have oven not quite so hot for next fifteen or twenty minutes. This makes twelve.—Miss Charlotte Wickstram, Hartford, Conn.

POP OVERS.

One cup flour, seventh-eighths cup milk, one-fourth teaspoon salt, one teaspoon melted butter, two eggs. Mix salt in flour, add milk slowly, then eggs and butter; beat two to five minutes; bake thirty minutes in heavy gem pans in hot oven.—Mrs. E. M. Victor, New York, N. Y.

POP OVERS OR MUFFINS.

Three eggs, beaten until creamy; one cup fresh milk, one-half spoonful salt, one-half spoonful baking powder, one cup flour. Butter deep tins and fill half full and bake.—Mrs. Wm. Wente, Manistee, Mich.

POTATO PANCAKES.

Grate six potatoes; two eggs, salt, flour to make a batter. Fry like other cakes.—Mrs. Henriette Buggeln, Williams, Ariz.

ROLLS.

One quart bread flour, two good tablespoons cottolene, two tablespoons sugar, salt, one-half compressed yeast cake, one pint new milk, previously scalded and cooled. Rub cottolene into flour, sugar and salt, add yeast cake and beat thoroughly. Should be about as stiff as batter can be beaten; raise in a closely covered vessel. When light, beat down thoroughly, let rise. Continue this process three or more times—then toss lightly on a well floured board (but do not knead). The batter will shape itself into a dough which can be easily rolled. Roll about one-half inch thick, cut, butter one half, lap, let raise until light enough to bake. Oven a little hotter than for bread.—Mrs. T. A. Barney, New Haven, Conn.

ROLLS.

To make about sixty. One pint water, one cup yeast, one tablespoon salt, one tablespoon sugar, one-half cup melted butter, one-half cup melted lard, good quart flour. Start in the morning, kneading down when light. At 4 o'clock p. m., make in rolls.

Yeast.—Four tablespoons flour, two potatoes mashed, scald with potato water (about one quart), and when cool add yeast cake.—Mrs. Baker, Manistee, Mich.

ROLLS.

Sift three teaspoonfuls of baking powder with a quart of flour, adding two teaspoons of sugar and one of salt. Rub into this a tablespoonful of butter and stir in last of all, one well beaten egg. Mix to a dough with two cupfuls of cold sweet milk, roll out to half-inch thickness and cut in rounds about the size of a tea saucer. Spread softened butter over the tops, then fold one half over the other. Put them in a baking pan so they do not touch each other and bake until brown in a hot oven.—Mrs. George McDougall, Williams, Ariz.

CINNAMON ROLLS.

One-half yeast cake, one cup water, make sponge as for bread, let rise over night. In morning take one pint milk and warm one-half cup shortening (one-half butter and one-half lard), one-half cup sugar, three eggs, beaten light. Mix all together with sponge. Add flour a little at a time, beat well until stiff enough to handle with spoon, let rise. When light, spread on bread board (little at a time); spread on butter, sugar, cinnamon and currants, roll and cut in one-inch strips, let rise in pans. Bake ten or fifteen minutes. When taken from oven spread butter, sugar, cinnamon over top.—Mrs. John Juhl, Williams, Ariz.

CINNAMON ROLLS.

One pint milk, three-fourths cup butter, one cup sugar, one yeast cake. Stir in flour, not too stiff; when light, work in two eggs; let it raise again, roll out to an inch in thickness; spread thick with butter, sprinkle plentifully with sugar, then English currants and cinnamon, then roll as for jelly cake. Cut off slice about two inches thick and let raise and bake.—Mrs. Wente, Manistee, Mich.

DINNER ROLLS.

Put sauce pan on the fire with one quart rich, sweet cream; one tablespoonful butter, one tablespoonful sugar, one salt-

spoonful salt. Let it come to a good scald. Remove and when lukewarm, add one whole yeast cake dissolved in half cup of the warm milk. Stir in two quarts of sifted wheat flour, a little at a time; after flour is all stirred in, beat hard for fifteen minutes. Cover tight and keep warm. Set for four hours or more, then add another tablespoonful butter, one whole egg, then beat hard again for fifteen minutes. Set to rise for two hours. Grease roll tins, put light dough on the baking board with tiny bit of flour sprinkled over it. Roll out one-fourth inch thick, brush with melted butter, cut with roll cutter, fold double and brush top again with melted butter. Set to rise slowly in a warm place for two hours or more. Bake in a moderately hot oven for about twelve minutes; serve hot.—Miss Charlotte Wickstrom, Hartford, Conn.

EGG ROLLS.

One pint flour, one round tablespoon butter, one level teaspoon salt, one heaping teaspoon baking powder, one level tablespoon sugar, one egg, one-half cup milk.—Miss Lela Morrison, Los Angeles, Calif.

FRENCH ROLLS.

One pint of milk, scalded; put into it while hot one-half cup of sugar and one tablespoon of butter; when the milk is cool add a little salt and one-half cup of yeast or one-half yeast cake. Make a sponge, and when light, mix as for bread. Let it rise until light, punch it down with the hand and let it rise again. Repeat two or three times. Turn the dough on the moulding board and pound with rolling pin until thin enough to cut; spread melted butter over top, cut and fold over. Let it rise on tins, bake and brush with melted butter.—Mrs. G. J. Shoff, Maine, Ariz.

SOUTHERN ROLLS.

Into about one pound of light bread dough, work thoroughly a piece of butter size of a large egg; let rise, then shape, roll in melted butter and sift corn meal over; then let rise and bake in hot oven.—Mrs. G. W. Glowner, Williams, Ariz.

SQUASH ROLLS.

One heaping tablespoon mashed squash, one egg, two tablespoons sugar, pinch salt, two cups flour, two teaspoons baking powder; milk to make medium thick batter. Bake in muffin tins.—Mrs. T. A. Barney, New Haven, Conn.

SOUR MILK RUSK.

One-half cup butter, one cup sour milk, one and one-half cups sugar, two eggs, one-half teaspoon soda, three cups sifted flour, one pound raisins, one teaspoon cinnamon, one teaspoon cloves, a little nutmeg. Cream butter and sugar, beat eggs separately and add to butter and sugar. Add the soda to milk and alternate with the flour. Chop raisins and add. Then add the spices. Bake in a shallow pan in moderate oven. Serve as a coffee cake. This is delicious.—Mrs. E. M. Smith, Thomasville, Ga.

SWEDISH SUGAR RUSKS.

One-half yeast cake dissolved in lukewarm water; one quart sweet milk, one-half teaspoonful salt, white flour enough to make it stiff; set to raise; one coffeecupful sugar, one coffeecupful sweet cream, one-half coffeecupful butter, two yolks eggs, little Anise-seed. Knead with flour enough to put to rise in pans. Next day when cold, cut the loaf in two lengthwise, also cut in slices. Put in slow oven and bake brown.—Mrs. Chas. Newberg, Williams, Ariz.

SCOTCH SCONES.

Sift one and one-half pints of flour, add a pinch of salt, one teaspoon soda mixed with one pint of sour milk. Mix to a soft dough. Lay on a well floured baking board and roll one inch thick. Cut with a round biscuit cutter and bake on a hot greased griddle until brown on both sides. Serve hot with butter.—Miss Ann Smith, Syracuse, N.Y.

EGG TOAST.

Make nice toast; dip for half a minute into hot milk, well salted. Make cream dressing, to which add carefully the whites of three hard boiled eggs sliced very fine. Place this dressing on top of toast and sprinkle over each slice a portion of the grated yolks of the eggs. Serve very hot.—Mrs. A. O. Wheeler, Manistee, Mich.

VIENNA TOAST.

For each small slice of bread allow one fresh egg; beat eggs until light and roll bread in same; have ready on stove a frying pan in which put a large piece of butter; when butter is brown, add bread and fry brown on both sides. To be served hot.—Mrs. G. W. Glowner, Williams, Ariz.

WAFFLES.

Two cups flour, one teaspoonful baking powder, one and one-fourth cups milk, one tablespoon butter, one-half teaspoon salt, three eggs beaten separately. Mix flour, baking powder and salt together, mix yolks (beaten) with milk, melted butter, flour and lastly beaten whites. Have the waffle iron clean and thoroughly heated on both sides, and well greased, closing the iron so that the grease will cover every part. Fill each section two-thirds full, cook a minute or two on each side. Serve hot. —Contributed, Saginaw, Mich.

WAFFLES.

Three cups flour, one teaspoon cream tartar ,one teaspoon salt, four eggs, well beaten; two and one-half cups milk, two tablespoons melted butter, one-half teaspoon soda in little hot water. Beat thoroughly. Enough for four or five.—Mrs. C. F. Philbrook, Bisbee, Ariz.

WAFFLES.

Three pints of flour, three eggs, well beaten (separately); one level teaspoon of cream of tartar, one level teaspoonful of soda; mix with sweet milk, or leave out cream of tartar, and use sour milk. Pour into waffle irons and bake.—Mrs. K. W. Williams, Cynthiana, Ky.

WAFFLES.

One coffee cup warm milk, one tablespoon melted butter, beaten yolks of two eggs, pinch salt, flour to make soft batter, beaten whites of two eggs, two even teaspoons baking powder. Beat thoroughly for two or three minutes. Cook on hot waffle iron.—Contributed.

WAFFLES.

Sift one and one-half cups flour into a bowl, add one-half cup cornstarch, two teaspoonfuls baking powder and one-half teaspoonful salt. Beat up two eggs, add one and one-half cups milk to them, then add gradually to the flour, mix in one heaping tablespoonful melted butter. Fry on a hot, well greased waffle iron. Serve hot with syrup.—Oswego, N. Y.

CRISP WAFFLES.

One quart of milk, heated, with one-fourth pound of butter, let cool; add beaten yolks of four eggs; one heaping pint of flour, three heaping teaspoons of baking powder, a little salt. Beat whites of eggs until stiff and add to latter just before

using. Pour into hot waffle iron and cook two or three minutes on each side. (Large recipe.)—Mrs. E. A. Coleman, Wichita, Kans.

PUFFS.

One cup of flour, one cup of sweet milk, two eggs, a little salt, and a little melted butter. Beat thoroughly and bake in muffin tins, in a slow oven for about tewenty minutes.—Mrs. Langton, Monroe, Mich.

Mrs Casey. Huntington Park

Mrs Blair

Chocolate Cake with Coffee

2 cups flour	Break eggs into a
1 3/3 " sugar	tea cup and fill
2 tsp B. Powder	cup with milk
2 tbsp. Melted Butter	Add this to dry
2 eggs Little milk	ingredients and
1 tsp. vanilla	beat. add butter

and beat 5 minutes. Bake in two layers.

Filling

1 cup P. Sugar
3 tbsp dry cocoa or chocolate
1 tbsp melted butter
1 tsp. vanilla
3 tbsp boiling coffee and beat until cool mix sugar & coco together. add butter and flavoring and stir in coffee last.

Mocha Cake Mrs Casey (Mrs Blair)

2/3 cup butter	Cream butter & sugar
1 1/2 cups sugar	add eggs one at a time
2 " flour	beating vigorously
2 tsp B. Powder	add milk & flavoring
2/3 cups milk	last the flour with
4 eggs vanilla	B. Powder. Bake

in two layers and put together with filling.

(Filling)

2 cups P. Sugar	Cream butter add
Dessertspn butter	beaten yolks Beat
yolk of 1 egg	in sugar & add
1 tsp flavoring	vanilla &. Put Coffee
3 tbsp Coffee &.	in slowly to avoid
	curdling.

CAKES

"Only Tyndall can explain
The links between the cake and brain;
Get your husband what he likes
And save a hundred household strikes!
Give him all he wants to eat,
Make his disposition sweet."

TO BAKE CAKE.

How hot should the oven be for cake, and how can one tell when a cake is ready to be taken out? asks Mrs. E. D. There is probably no other place in cooking where so much depends on the baking as in making cake. The fire must be sufficient to last through the entire baking, and yet it should not be as hot as for baking bread. If the oven seems too hot, leave the door open for a few minutes before putting in the cake. Then carefully watch it, and if necessary, put the asbestos baking sheets below and above to protect it from too great heat. Thin cakes require a hotter oven than those baked in loaves, and if the oven be not hot enough at first, or be cooled constantly during the baking, the cake is apt to be heavy.

Thin cakes should bake from fifteen to twenty minutes; thicker ones from thirty to forty, and whichever kind you are baking, divide the required time into quarters. During the first quarter the cake should continue to rise, during the second it should begin to brown a little, during the third it should brown evently, and in the last, shrink from the pan. If the cake browns before rising the oven is too hot. If the cake rises in the center and cracks open it is too stiff with flour. In telling whether it is done or not, press it with your finger lightly. If it comes back it is apt to be done; if the depression stays in, the cake is not entirely done; or take it from the oven and listen to it: a pronounced ticking or wet sound means that the cake is not yet baked.—Good Housekeeping.

ALTITUDE CAKE.

One cup granulated sugar, one-half cup butter, one cup milk, two cups flour, two teaspoons baking powder, one, two or three eggs, saving whites of one or two for frosting. One whole egg will make a good cake. Two yolks and white of one a better cake. Yolks of three and whites of one or two the best cake. Cream butter and sugar, add egg yolks and cream more, add baking powder to flour and alternately mix milk and flour with

creamed mixture. Beat thoroughly, adding last, the well beaten whites. As a layer cake, any sort of filling may be used. An excellent marble cake may be made by coloring half the batter with melted chocolate and dropping alternate spoonfuls of white and brown batter in loaf pan. Cover top with chocolate icing and nut meats or cocoanut sprinkled on. Spices and raisins may be added and an excellent cake is made by adding one cup English currants.—Mrs. C. F. Philbrook, Bisbee, Ariz.

HIGH ALTITUDE CAKE.

One and one-half cups flour, one cup sugar, two level teaspoons baking powder, one-fourth teaspoonful salt. Put all together in sifter and sift, then add two tablespoonfuls melted butter; break in cup two eggs and fill up with water, add to the rest and beat well. Bake either in layers or loaf.

Note.—When melted butter is used, the butter should be melted before measuring.—Mrs. Finney, Williams, Ariz.

ANGEL CAKE.

Beat stiff the cold whites of twelve eggs with a pinch of salt, fold in—not beat—one and one-half tumblers granulated sugar gradually, one teaspoon vanilla slowly, then one tumbler flour which has been sifted five times with one scant teaspoon cream tartar. Put in a tube pan—not greased, and bake about forty minutes, in a moderate oven without opening the door. When taken from the oven, turn upside down to cool. After it drops from pan, frost with any plain icing. Have house and kitchen very quiet when baking, avoiding any draft, or the cake will fall.—Contributed, Williams, Ariz.

ANGEL CAKE.

Whites of nine eggs, one and one-fourth cupfuls granulated sugar, one cupful flour, one-half teaspoon cream of tartar, add pinch of salt to the eggs before whipping; flavor to taste. Sift, measure and set aside the sugar and flour. Whip the eggs to a foam, add the cream of tartar and whip until very stiff; add the sugar to this and fold in, always using a spoon; then flavor and fold in, then flour and fold it lightly through. Put in a moderate oven at once. It will bake in about twenty-five or thirty minutes; it should not take longer, as baking too long dries it out and makes the cake tough and dry. Always put in a moderate oven—too hot for butter cakes, and not hot enough for biscuits. If the cake is properly mixed it will rise above the pan. When it is baked enough it begins to shrink, and should

shrink back to the level of the pan. Watch carefully at this stage, and when it begins to shrink, take out of the oven and invert the tin immediately, resting on the center tube; let hang until perfectly cold, then cut the cake loose from around the sides and the center tube. Knock back the slide, insert your knife and cut loose from the bottom; turn out. Ice with plain white frosting.—Mrs. M. S. Carpenter, Trout Creek, Mich.

ANGEL CAKE.

Whites of nine large eggs, or ten small ones, one and one-fourth cups granulated sugar, one cup flour, scant one-half teaspoon cream of tartar, a pinch of salt added to the eggs before whipping. Flavor to taste. Sift four times, measure and set aside sugar and flour, whip eggs to foam, add cream tartar, and whip until very stiff, add sugar and beat in (always using a spoon to mix cakes with), then add flour and fold it lightly through. Put in moderate oven, will bake in twenty to forty minutes. I always have best of results with this recipe, but am particular about directions. Frost as any cake. Turn cake upside down when done.—Mrs. J. M. Dennis, San Jose, Calif.

ANGEL FOOD CAKE.

One pint of whites of eggs, one-half pound flour, one pound sugar, one teaspoon cream tartar; flavoring.—W. A. Field, Williams, Ariz.

APPLE SAUCE CAKE.

One-half cup of butter, one cup of sugar, one and one-half cups of sweetened apple sauce, two level teaspoonfuls of soda mixed with apple sauce, three cups flour, one cup of raisins or dates and one teaspoonful of cinnamon. Bake in loaf.—Miss Behringer, Adrian, Mich.

APPLE SAUCE CAKE.

One cup sugar, one-half cup butter, one and one-half cups unsweetened apple sauce, two teaspoons soda dissolved in sauce, one teaspoon cinnamon, one teaspoon nutmeg, one-half teaspoon cloves, one-half cup raisins or currants, two cups flour. Cream the butter and sugar, then add the sauce. Sift the flour and spices together, then add to the other ingredients. Bake in a moderate oven.—Mrs. G. A. Pearson, Flagstaff, Ariz.

APPLE SAUCE CAKE.

Two cups flour, two teaspoons soda, one cup sugar, one-half teaspoon cloves, three tablespoons chocolate, two teaspoons

cinnamon, one tablespoon corn starch. Sift this into two cups apple sauce; stir well, and add one cup floured raisins, one-half cup nuts, one-half cup melted butter. Bake slowly in shallow pan.—Mrs. Walsh, Los Angeles, Calif.

APPLE SAUCE CAKE.

One cup sugar, one-half cup butter, one and one-half cups apple sauce (not sweetened), two teaspoons soda, dissolved in apple sauce; one teaspoon cinnamon, one-half teaspoon cloves, one teaspoon nutmeg, one cup raisins or currants, one cup English walnuts, two cups flour.—Mrs. W. A. Campbell, Flagstaff, Ariz.

DRIED APPLE CAKE.

Three cups dried apples, three cups molasses, one pound brown sugar, one pound raisins, three eggs, one cup sweet milk, one cup butter, one teaspoonful each of cloves, cinnamon, one tablespoonful soda. Chop the dried apples fine, let stand over night in water. In the morning put apples into molasses, stand on back of stove for three hours. Then add the other ingredients.—Contributed, Williams, Ariz.

BOILED CAKE.

One-half package of raisins, one-half cup butter, one cup sugar, one cup cold water, one teaspoon cloves, one teaspoon cinnamon, one teaspoon nutmeg, one teaspoon soda. Put on stove and let come to boil. Let get cold so that flour will not cook when added. Then add two cups flour and bake one hour in a moderate oven.—Miss Helen J. Stark, Williams, Ariz.

BROWN CAKE.

One and one-half cups brown sugar, one small cup sour cream, two tablespoonfuls of butter (small), one teaspoon soda, one teaspoon baking powder, one teaspoon each of cinnamon, cloves and nutmeg. Beat separately three eggs, one pound finely chopped raisins and one cup of nuts. Use more butter if you haven't cream.—Mrs. Albert Lebsch, Williams, Ariz.

CARAMEL CAKE.

Cook in double boiler until thick, one cup brown sugar, one-half cup sweet milk, yolk one egg, add one-half cup grated chocolate, flavor with vanilla or lemon, then add one cup brown sugar, one-half cup granulated sugar, one-half cup butter, one-

half cup sweet milk, two eggs, one teaspoon soda, three tablespoons cold water, two and one-half cups flour. Bake in layers.

Filling.

Two cups brown sugar, three-fourths cup water, butter size of egg. Cook until creamy, and spread.—Mrs. C. M. Wolfe, Williams, Ariz.

CARAMEL CAKE.

One cup sugar, three-fourths cup butter, two cups flour, two teaspoons baking powder. Mix this with your hands, take out of this one cup, then add to the rest two eggs and one cup of sweet milk. Then put in a pan and sprinkle on top the cupful that you have taken out, and bake in a slow, even oven about forty-five minutes. When done, leave in pan.—Mrs. Fred Terry, Milwaukee, Wis.

CAKE WITHOUT EGGS.

One cup sugar, one-half cup butter, two cups flour well sifted; one teaspoon baking powder, one teaspoon (level) cinnamon, one teaspoon (level) grated nutmeg, one cup milk, one cup seeded raisins (chopped). Bake in square tins thirty minutes.—Mrs. Dan Smith, Grand Canyon, Ariz.

CHOCOLATE LOAF, OR DEVIL'S FOOD CAKE.

One cup sugar (pulverized), one-half cup butter, three eggs, one-half cup sour milk, one teaspoon soda, one teaspoon vanilla, one and one-half cups flour, three squares Baker's chocolate. Cream sugar and butter together, add yolks of eggs, beaten very lightly with egg beater. After melting the chocolate with two or three tablespoons hot water add it to eggs, butter and sugar, after which add milk and flour, then the well beaten whites. Do not stir much after the whites have been added.—Mrs. F. O. Polson, Williams, Ariz.

CHOCOLATE CAKE.

Filling to be made first and when cold beat in cake. One cup chocolate, one-half cup milk, one cup sugar, one egg (yolk),

Cake Part: Two cups brown sugar, one cup butter, one cup milk, six eggs, flour about one and one-half cups—you can tell by the stiffness of batter. One teaspoon baking powder. Save the whites of two eggs for frosting, one from cake part and one from filling part. Frost cake with chocolate frosting.—Mrs. S. T. Elliott, Kingman, Ariz.

CHOCOLATE CAKE.

One cup granulated sugar, one-half cup butter (scant); cream together, two eggs beaten until light, one-half cup sweet milk, one and one-fourth cups bread flour, one rounded teaspoon baking powder, two squares chocolate (melted) or one-half cup cocoa (dry), large one-half cup walnut meats, vanilla flavoring. Bake about thirty minutes in slow oven, as it burns easily.—Mrs. Watson, Bay City, Mich.

BLACK CHOCOLATE CAKE.

One cup butter, four cups brown sugar, one cup sweet milk, three eggs, one and one-half cups flour, two teaspoons baking powder, three-fourths pound grated, unsweetened chocolate; pour over chooclate one cup hot water, two teaspoons vanilla. Bake in dripping pan. Good either with or without whipped cream.—Mrs. R. W. Brydon, Los Angeles, Calif.

CHOCOLATE CAKE.

Cream together one and one-half cups sugar, one-half cup butter, scant; three squares chocolate, melted over hot water; three eggs, beaten; flavoring, one cup water, two cups flour, one rounding teaspoon baking powder. Bake in layers.—Mrs. F. W. Smith, Williams, Ariz.

THE PREIDENT'S CHRISTMAS CAKE.

The cake is made as follows: One pound of butter, one pound of sugar, one pound of flour browned and sifted, twelve eggs beaten separately, five pounds of seeded raisins, one and one-half pounds of shredded citron peel, one glass of grape jelly, two teaspoonfuls of melted chocolate, one pound of crystallized cherries, one pound of crystallized diced pineapple, one pound of blanched almonds cut fine, one pound of shelled pecans cut small, one tablespoonful of powdered cinnamon, one scant tablespoonful of grated nutmeg, one-half tablespoonful of allspice, one scant teaspoonful of powdered cloves, one glass of grape juice and two teaspoonfuls of rose water. Soak the almonds over night in the rose water, and the fruit in the grape juice for the same length of time. Cream the butter and sugar thoroughly, add the well-beaten yolks of the eggs, then the spices, grape jelly and chocolate. Next add the beaten whites of the eggs and part of the flour. Roll the fruit in the rest of the flour, mixing it into the cake in small quantities at a time. Add the nuts last. Bake or steam the cake from four to six hours in small or large moulds. If steamed, dry off iln a slow oven for one hour.—Betty Lyle Wilson, in Ladies' Home Journal.

MRS. ERGMANN, JR.'S CHOCOLATE LAYER CAKE.

One and one-half cups sugar, one-half cup butter, three yolks of eggs, save whites for icing; one and one-half cups milk, one cake chocolate, melted; flavor with vanilla, two teaspoons baking powder, and flour to make stiff enough to bake.

Icing for Cake.

Whites of three eggs and powdered sugar (do not beat eggs before using sugar), put a handful of sugar on whites of eggs before beating; use enough sugar to make icing as hard as wanted.—Mrs. Ergnann, Jr., Los Angeles, Calif.

RICH CHOCOLATE CAKE.

Cream one-half cup butter and add gradually while beating constantly, one cup brown sugar, two eggs well beaten, one-half cup milk, two cups flour, one teaspoon soda mixed with one tablespoon cold water and the whites of three eggs beaten stiff. Melt four squares unsweetened chocolate, add two-thirds cup brown sugar, one cup milk, yolk of one egg. Cook in double boiler until thick; when cool, add to first mixture. Add one and one-half cups walnut meats, and one-half cup citron cut in small pieces, two teaspoons vanilla. Bake in moderate oven in loaf forty-five minutes.—Mrs. J. D. La Chance, Winslow, Ariz.

STIRRED CHOCOLATE CAKE.

One cup granulated sugar, one-half cup butter, three-fourths cup sweet milk, yolks of three eggs, one whole egg, two cups flour, two teaspoonfuls baking powder, four squares Baker's chocolate grated. Cream the butter and sugar. Add eggs well beaten, then milk and flour and lastly the chocolate which must be dissolved with hot water. Beat, bake in two layers, and put together with boiled icing, or chocolate icing with nuts in. Flavor with vanilla.—Mrs. George Swigart, Manistee, Mich.

CHOCOLATE MARSHMALLOW CAKE.

Ingredients:—One-half cup butter, two cups sugar, one-half cup milk, two cups flour, three eggs, two teaspoons baking powder, one-fourth cake chocolate, one-half cup boiling water, one teaspoon vanilla. Method:—Dissolve the chocolate in the water. Cream the butter and add gradually one-half the sugar. Beat yolks until thick and then gradually add remaining sugar. Combine mixtures and add alternately

milk and flour mixed, sifted with baking powder. Then add stiffly beaten whites of eggs, the melted chocolate and vanilla. Bake forty-five to fifty minutes in cake pan with a tube. Cover with marshmallow frosting.—Mrs. W. A. Richardson, Los Angeles, Calif.

COCOA CAKE.

One and three-fourths cups of sugar and one-half cup of butter, creamed together; teaspoonful vanilla, three-fourths cup of cocoa, one cup of sour milk, one teaspoon of soda in milk, two cups of flour.—Mrs. G. A. Haslett, Winslow, Ariz.

QUICK COFFEE CAKE.

One cup flour, one-half cup sugar, one-half cup milk, one-half teaspoon salt, two and one-half teaspoons baking powder, one teaspoon cinnamon, four teaspoons melted butter, one egg well beaten, one-half cup milk. Mix dry ingredients well, add melted butter, then egg; stir well, add milk. Put in well buttered pan, moisten top with melted butter, sprinkle with cinnamon and sugar, and bake in moderate oven.—Miss Katherine Wells, Glendale, Calif.

COFFEE CAKE.

One egg, one cup brown sugar, one cup New Orleans molasses, two-thirds cup cold strong coffee, one cup raisins, one-half cup English currants, one tablespoon cloves, one tablespoon cinnamon, one grated nutmeg, one heaping teaspoon soda, four cups flour. Try in a small tin to make sure it is the right thickness before baking.—Mrs. W. W. Bass, Grand Canyon, Ariz.

COFFEE CAKE (without Eggs).

One cup brown sugar, one cup molasses, one-half cup butter, one cup cold coffee, one teaspoon soda, one cup chopped raisins, spices one teaspoon each, flour enough to make quite stiff.—Mrs. H. M. Stark, Saginaw, Mich.

COFFEE CAKE.

One cup strong coffee, one cup sugar, one cup molasses, one cup butter, one egg, two cups raisins, two cups currants, four cups flour. Put one cup of the flour on the fruit, one teaspoonful of cinnamon, cloves and nutmeg, one teaspoonful of soda. Bake in a slow oven.—Mrs. A. R. Kilgore, Seattle, Wash.

BAKING POWDER COFFEE CAKE.

One cup sugar, one cup milk, one egg, one large teaspoon of cinnamon, two cups of flour, one heaping teaspoonful of baking

powder, one tablespoon of butter and one tablespoon of lard melted together. Put all in mixing pan, then stir together well, and bake in jelly tins; sprinkle a little sugar and cinnamon over tops before baking.—Mrs. W. J. Dalton, Williams, Ariz.

CREAM CAKE.

One and one-half cups sugar, one-half cup butter stirred to a cream, whites of six eggs or three whole ones, two teaspoons baking powder in two heaping cups sifted flour, one-half cup sweet milk. Bake in layers.—Mrs. W. F. Baker, Manistee, Mich.

CREAM CAKE.

One egg, one cup sweet cream, one cup sugar, one and two-thirds cups flour, one teaspoon baking powder, one teaspoon vanilla. Beat eggs and cream together, add sugar and stir vigorously. Add flour, baking powder and flavoring and bake in loaf cake tin in hot oven.—Mrs. A. F. Johnson, Williams, Ariz.

CORN STARCH CAKE.

Three-fourths cupful soft butter, two cupfuls pulverized sugar sifted four times, one cup sweet milk, one-fourth teaspoon salt, two teaspoonfuls baking powder, one teaspoonful vanilla, rose, almond, or lemon flavoring; whites of seven eggs, two cupfuls wheat flour, one cupful corn starch. Stir the butter and sugar to a cream. To this add alternately, parts of the one cupful of milk and parts of the flour, corn starch and baking powder—the three last having been well sifted together—then the salt, and vanilla. Lastly, add the stiff beaten whites of the seven eggs. Grease old tube cake pan with lard and flour well before putting in the dough. Bake forty minutes in a slow oven. When cold, ice with pale chocolate frosting; cocoa can be satisfactorily used.—Miss Charlotte Wikstrom, Hartford, Conn.

DELICATE CAKE.

Three cups flour, two of sugar, three-fourths cup sweet milk, whites six eggs, half cup butter, teaspoon cream tartar, half teaspoon of soda; flavor with lemon. Bake in loaf. Good and easily made.—Mrs. E. L. Purdy, Gallup, N. M.

DELICIOUS CAKE.

Two cups white sugar, one cup butter, one cup sweet milk, three cups flour, three eggs, two teaspoonfuls baking powder. Beat yolk and whites separately. Bake in loaf in stem pan, slowly.—Miss Estella A. Fisher, Indianapolis, Ind.

DEVIL'S FOOD CAKE.

One and one-half cups sugar, one-half cup butter beaten to a cream; add to this two squares Baker's chocolate melted, a pinch of salt, three well beaten eggs, one teaspoon (level) soda in one cup sour milk; flour to make a very soft cake dough. This is enough for two large layers. Delicious.—Mrs. M. C. Wisehart, Flagstaff, Ariz.

DEVILED CAKE.

Two-thirds cup of grated chocolate, two-thirds cup of sugar, one-half cup of sweet milk, yolk of one egg. Mix the above and boil until it thickens. Cake Batter:—One cup sugar, two eggs, one-half cup of butter, one-half cup of sweet milk, small teaspoon of soda, three cups of flour, flavor with vanilla. Stir the boiled mixture into the cake batter. Bake in layers; put together with boiled frosting.—Mrs. A. R. Kilgore, Seattle, Wash.

DEVIL'S CAKE.

Part 1:—Three-fourths cup grated chocolate or cocoa, one-half cup of coffee, one cup of brown sugar. Part 2:—One cup brown sugar, one-half cup butter, one-half cup coffee, two eggs, two cups flour, one teaspoon soda (put the soda in flour), one heaping teaspoonful vanilla. Let part 1 come to a boil, cool it and stir into part 2. Bake in layers. Boiled icing between layers and on top.—Contributed, Saginaw, Mich.

DEVIL'S FOOD CAKE.

Two squares of chocolate, one-half cup of coffee, one egg beaten lightly. Boil until it thickens; stir so as not to scorch; then add one tablespoon of butter, one cup of sugar, one-half cup of sour milk, pinch of salt, one small teaspoon of soda, two scant cups of flour, one teaspoon of vanilla.—Mrs. A. G. Rounseville, Williams, Ariz.

DEVIL'S FOOD CAKE.

Four whole eggs or yolks of eight, two small cups sugar, one-half cup butter, two teaspoonfuls cinnamon, one teaspoonful allspice, three squares melted Baker's chocolate, one cup coffee, two teaspoonfuls baking powder, three cups flour. Cream butter and sugar; then add eggs, cinnamon and alspice, melted chocolate, coffee, and the baking powder sifted in the flour. Beat for five minutes. Bake in loaf.—Miss Francisco, Williams, Ariz.

DEVIL'S FOOD CAKE.

One and one-half cups sugar, one-half cup butter, three eggs, one cup sour milk, one teaspoon soda, two cups flour, one and one-half squares of bitter chocolate, melted.—Miss Elfie Emerson, Williams, Ariz.

DEVIL'S FOOD.

Part 1:—Three-fourths cup grated chocolate, one-half cup of milk, one cup of brown sugar, boil till thick, then let cool. Part 2:—One cup brown sugar, one cup milk, one-half cup butter, two cups flour measured before sifting, one teaspoon soda, three egg yolks, one teaspoon cinnamon, one-fourth teaspoon cloves. Beat in Part 1 first and bake in layers, putting them together with boiled icing.—Contributed, Saginaw, Mich.

DEVIL'S FOOD.

One and one-fourth cups brown sugar, two eggs, saving out one white; one-half teaspoon soda, one and one-half cups flour, one-fourth cup butter, one-half cup sour milk, one square chocolate. Dissolve chocolate in boiling water and add to cake batter; bake in two square tins, put cooked chocolate filling between and one top.—Mrs. Will Ergman, Jr., Los Angeles, Calif.

FARINA TORTE.

Cream the yolks of four eggs with one and one-half cups of sugar; one scant cup of stale bread crumbs, one scant cup of chopped walnuts, one scant cup of Farina, one teaspoon baking powder, add the beaten egg whites of the four eggs. When this is done break it up in small pieces and cover with whipped cream. This is good.—Mrs. Fred Terry, Milwaukee, Wis.

FRUIT CAKE.

Two cups sugar even full, six eggs beaten well together, two-thirds cup molasses, three cups sour cream, two even teaspoons of cinnamon, nutmeg and cloves each, two evenful teaspoons of soda dissolved in boiling water, five cups sifted flour, two teaspoons, even full, baking powder mixed dry with flour, one pound seeded raisins chopped fine, one-half teaspoon salt, one pound currants, one pound walnuts chopped fine. Mix fruit and walnuts with one-half cup of flour; add to the other ingredients and bake in slow oven.—Mrs. J. S. Button, Williams, Ariz.

FRUIT CAKE.

Three-fourths pound butter, one pound brown sugar, one cup New Orleans molasses, eleven eggs beaten separately, one-half

pint cherry or currant juice (preserved), two pounds well sifted flour, one and one-half teaspoons baking powder, three pounds raisins, one and one-half pounds citron, cut; one and one-half pounds lemon and orange peel, cut; one pound almonds, blanched and cut in dice; one-half teaspoonful all kinds of mixed ground spices. Cream butter and sugar and flour fruit. Bake in tube pans in slow oven six or eight hours.—Contributed, Williams, Ariz.

FRUIT CAKE.

One pound butter creamed, one pound granulated sugar, one-half pound light brown sugar, yolks of twelve eggs well beaten, beat well together and add one after another ;two round teaspoons cloves. four round teaspoons cinnamon, one nutmeg, one tumbler grape or currant jelly, one tumbler molasses, one-half tumbler currant juice, one pound flour sifted with two level teaspoons soda, whites of twelve eggs beaten stiff. Have ready, in a large chopping bowl, four packages raisins, washed, dried and lightly chopped; two packages currants washed and dried, one pound citron cut in strips, one-half pound nut meats cut fine, one-half pound flour thoroughly mixed with the fruit. Turn cake mixture over the fruit and mix all together with a chopping knife and bake in two pans four hours, keeping pans covered after the first hour.—Mrs. E. N. Salling, Manistee, Mich.

FRUIT CAKE.

Three cups of brown sugar, two cups of melted butter, two cups of molasses, three eggs, one cup of sour milk, one teaspoon of soda, one tablespoon of lemon extract, three tablespoons of cinnamon, one tablespoon of cloves, two tablespoons of allspice, one nutmeg, one gill grape juice or coffee; flour enough to make a good stiff batter. Then add two pounds of currants, two pounds seeded raisins, one-half pound of citron chopped fine, one pound of chopped walnuts. Sprinkle flour over fruit before putting into the batter. Bake three hours in slow oven. —Mrs. P. J. Burns, Williams, Ariz.

FRUIT CAKE.

Eight eggs, two cups sugar, one cup butter, one cup molasses, one cup black coffee, one-half cup sour milk, four pounds seeded raisins, half of them chopped; two pounds currants, one pound citron, two pounds almonds, blanched and chopped, two pounds chopped walnuts, one tablespoonful each of all kinds of spice, two nutmegs, one and one-half teaspoons soda dissolved in

sour milk, put spices in molasses and put on stove, let simmer a few minutes then cool; six cups of flour measured before sifting, then sift several times; beat whites of eggs separately and add last, bake in a slow oven; when done remove from oven and cover tightly.—Mrs. J. R. Treat, Flagstaff, Ariz.

EVERY DAY FRUIT CAKE.

Cream two cups sugar, one cup shortening, add three well beaten eggs, then two cups sour milk with one teaspoon soda, add sifted flour enough to make stiff dough, and other dry ingredients; putting in one-half cup each raisins, currants, citron, nuts, add a little more flour. Put very stiff dough in well greased pans. This will make three cakes. Bake in a slow oven from one to one and a half hours. Let age before using.—Miss Katherine Wells, Glendale, Calif.

EXCELLENT FRUIT CAKE.

One and one-fourth pounds butter, one and one-fourth pounds brown sugar, four pounds raisins, two pounds currants (soaked one hour in boiling water and wrung dry in a towel), one cup molasses, one pound walnuts (chopped), one-half pound citron peel (chopped), one-half cup sweet cider, one and one-fourth pounds flour, one tablespoon each, cinnamon, cloves, allspice, two nutmegs, thirteen eggs (whites and yolks beaten separately). Cream butter and sugar. Add raisins, currants, molasses, walnuts, spices, citron peel, eggs and flour. This quantity makes two large cakes, which will improve with age. Nearly fill the cake pans and bake three hours in a slow oven.—Mrs. E. E. Tefft, Anacortes, Wash.

PLAIN FRUIT CAKE.

Beat to a cream one cup butter and two of sugar. Add one cupful molasses, one cupful sour milk, one teaspoonful soda and stir until the mixture stops "purring." Add three well beaten eggs, a teaspoonful each of cinnamon, cloves and nutmeg, a quarter cup shredded citron or preserved watermelon rind, and a cup each of seeded raisins and currants well dredged with flour. Add sifted flour to make rather stiff, turn into tube tins lined with buttered paper and bake in a slow oven.—Mrs. M. S. Carpenter, Hackensack, N. J.

EGGLESS FRUIT CAKE.

One cupful butter, one and one-half cupfuls sugar, one cupful sour milk or buttermilk, one teaspoonful soda, two teaspoonfuls

ground cinnamon, two cupfuls raisins, two cupfuls currants, two and one-half cupfuls flour.—Mrs. C. M. Wolfe, Williams, Ariz.

WHITE FRUIT CAKE.

Six eggs, three-fourths cup sweet milk into which put one-half teaspoon soda and one teaspoon cream tartar, three-fourths cup butter, well creamed, one and one-half cup sugar, three cups flour, ten cents worth of raisins, five cents worth of citron. Bake in a cake mold.—Mrs. K. W. Williams, Cyanthia, Ky.

WHITE FRUIT CAKE.

One cup butter, two cups pulverized sugar, one cup water, four cups flour with two teaspoons baking powder, whites of six eggs, two teaspoons vanilla or almond, or a little of each; one-fourth pound shaved citron, one-fourth pound lemon peel, one and one-half pounds large raisins, seeded and cut in two. Add floured fruit to the well creamed butter and sugar, then the sifted flour and the water alternately, then vanilla, and last fold in the well beaten whites of the eggs. Bake in moderate over in one large tube cake pan with oiled paper for one and one-half hours or more. Frost if desired.—Miss Carrie McClintic, Missouri.

WHITE FRUIT CAKE.

Cream well one cupful of butter with two cupfuls of granulated sugar ;then add one cupful of milk, two and one-half cupfuls of flour, whites of four eggs beaten quite stiff, two even teaspoons of baking powder; one-half pound of figs, one-half pound of raisins, one-half cupful of almonds, crushed; one-fourth pound citron, chopped fine; one teaspoon lemon extract. Lastly add baking powder and mix well with flour before adding to other ingredients, also flour fruit well before adding to cake. Bake in slow oven for two hours. One-half cupful of dates may be added if desired.—Mrs. F. Beckwith, Flagstaff, Ariz.

FUDGE CAKE.

One cup sugar, two-thirds cup butter, one cup milk, two and one-half cups flour, three eggs, one teaspoon (heaping) baking powder, one-fourth cup (unsweetened) chocolate, one-half cup English walnuts, broken up coarsely. Cream butter and sugar together, add milk and stir the flour in, lightly, in which the baking powder has been sifted. Stir in the chocolate which has been dissolved in hot water. Add nuts and then eggs, which should be beaten separately. Bake in square tins or layers.

Fudge Icing.

One and one-half teaspoons butter, one-half cup unsweetened powdered cocoa, one and one-fourth cups confectioner's sugar, a few grains of salt, one-fourth cup milk, one-half teaspoon vanilla. Mix butter, cocoa, sugar, salt and milk together and boil about eight minutes. Remove from fire and beat until creamy. Add vanilla and pour over cake to depth of one-fourth inch.—Mrs. E. T. Donahue, Williams, Ariz.

FUDGE CAKE.

One cup sugar, two-thirds cup butter, two and one-half cups flour, one-fourth cup chocolate, one cup milk, one-half cup English walnuts, three eggs, one heaping teaspoonful baking powder. Cream the butter and sugar together, add milk, stir in lightly the flour into which the baking powder has been added, next the chocolate which has been dissolved, and lastly the eggs beaten separately. Bake in three layers.—Mrs. Bessie Daggs Lamb, Prescott, Ariz.

GARDEN CAKE.

One cup sugar (brown or white), one-half cup shortening, one-half cup molasses, three eggs (two whites for frosting), one cup milk, one cup flour, two heaping teaspoons baking powder. Cream butter and sugar, add well beaten eggs and mix well, add molasses, beat thoroughly and add milk. Mix flour and baking powder and add slowly. Bake thirty or forty minutes in moderate oven.—Miss Katherine Wells, Glendale, Calif.

"When I was eating my dinner today the butter ran."
"That's nothing. I was up town last night and saw a cake walk."

GINGER CAKE.

Put in a pan one cup molasses, one cup brown sugar, and one cup melted butter. Add a dessert spoonful soda and stir until dissolved and foamy. Add one cup sour milk in which a dessert spoonful soda has been dissolved and stir until the whole mixture is foamy. Add two beaten eggs, a teaspoonful grated nutmeg and a dessert spoonful of cinnamon, a tablespoonful ginger, and three cups of flour. Stir until well blended, then bake in a moderate oven.—Mrs. John Langowsky, Williams, Ariz.

GINGER CAKE.

Two cups New Orleans molasses, one-half cup butter, one cup sour milk, one cup sugar, one egg, on teaspoon soda, one tablespoon ginger.—Mrs. G. A. Cole, Middletown, Conn.

HARLEQUIN CAKE.

Three-fourths cup butter, two cups sugar, three eggs, one cup milk, three cups flour in which put two teaspoons baking powder. Rub to a light cream the butter and sugar, add the well beaten eggs, milk, etc. This makes four layers. Use any flavor and filling desired.—Mrs. G. W. Glowner, Williams, Ariz.

HICKORY NUT CAKE.

One cupful butter, one and one-half cupfuls pulverized sugar, one-half cupful nuts, chopped fine; one-fourth pound chopped lemon peel, one-fourth pound chopped citron, one pound chopped raisins, whites four well beaten eggs, two cupfuls flour with two teaspoons baking powder, three-fourths cupful water, cold. Cream sugar and butter, add water, then nuts and fruits, flour, and last, the whites of the eggs. Bake loaf in moderate oven three-fourths to one hour. Put icing on top and sides if desired. Delicious.—Mrs. M. S. Carpenter, Hackensack, N. J.

HIMMEL FLUTES.

Stone one-half pound of dates, then wash and put in oven to heat, and then mash with a spoon. Beat the yolks of six eggs, add one and one-half cups of sugar, one-half pound of grated almonds, one teaspoon baking powder with three tablespoons of flour. Then add the dates and the beaten whites of the six eggs. Bake in two long tins in a slow oven; when done, spread custard between layers, and whipped cream on top. This is a German cake.—Mrs. J. E. Gilson, Williams, Ariz.

ICE CREAM CAKE.

Two cupfuls pulverized sugar sifted four times, one cupful (scant) butter, one cupful sweet milk, two teaspoonfuls (scant) baking powder, three cupfuls flour sifted three times, and twice after baking powder is added; one teaspoonful vanilla, whites of eight eggs. Cream sugar and butter, adding milk and flour—with the baking powder—alternately, then the vanilla, and last, the well beaten whites of the eight eggs. Bake in three layers, or five smaller ones.

Frosting for Above Cake.

Four cupfuls pulverized sugar, one small cupful hot water, whites of four eggs. Boil sugar and hot water until it threads or hairs from the spoon. Pour this over the well beaten whites of the eggs, beating until nearly cool, and add one pound of chopped walnuts, and continue beating until cold enough to

spread nicely. If desired, do not put nuts in all the icing, but save enough out to cover the top and sides.—Contributed, Williams, Ariz.

JAM CAKE.

Three eggs, one cup sugar, three-fourths cup butter, one and one-half cups flour, one cup jam, three tablespoons milk (sour) and one teaspoon soda or three tablespoons sweet milk and two teaspoons baking powder, one teaspoon each cinnamon, allspice and nutmeg. Stir well; bake in layers and put together with boiled icing.—Mrs. E. S. Marez, Bisbee, Ariz.

BLACKBERRY JAM CAKE.

One cup sugar, three-fourths cup butter, one cup blackberry jam, three tablespoons sweet milk, one and one-half cups flour, one teaspoon soda, one teaspoon cinnamon, one-third of a grated nutmeg, two eggs, the well beaten whites to be added last. Bake in loaf or layers.—Miss M. J. Orth, Los Angeles, Calif.

JELLY ROLL.

One cup flour, one cup sugar, one and one-third teaspoons baking powder, three well beaten eggs' Mix together in order given. Stir well; pour batter in greased dripping pan and bake in even oven. When done, place on brown paper that has been sprinkled over with pulverized sugar. Spread any kind of jelly over cake and roll quickly. (This must be done before cake cools or it will break.)—Mrs. A. F. Johnson, Williams, Ariz.

JELLY ROLL.

This is a simple form of butter cake. It is like the sponge cake with the addition of a small amount of shortening. Ingredients:—Three eggs, one cup sugar, one teaspoon melted butter, two teaspoons baking powder, one scant cup flour, four teaspoons salt. Method:—Beat eggs until very light, add sugar gradually, milk, flour sifted with salt and baking powder, then the butter. Line the bottom of a long, shallow pan with paper and sides of pan. Spread batter very thinly and evenly. Bake twelve minutes, in a moderate oven. Take from oven and turn on a paper sprinkled with powdered sugar. Quickly remove paper, trim edges with sharp knife and while warm spread with jelly. Roll quickly and carefully or cake will break in rolling. After cake has been rolled, roll paper around cake that it may keep in shape.—Mrs. W. A. Richardson, Los Angeles, Calif.

JELLY ROLL.

One cupful sugar, one cupful flour, four eggs well beaten, one teaspoonful baking powder. Flavor to taste. If too thick, add tablespoon water.—Mrs. Raney, Williams, Ariz.

JELLY ROLL.

One pound flour, one pound sugar, ten eggs, two teaspoons baking powder, then flavor; water to make thin dough.—W. A. Field, Williams, Ariz.

PLAIN LAYER CAKE.

One-half cup butter, one cup sugar, two eggs, two-thirds cup sweet milk, one and one-half cups flour, one-half cup cornstarch, two teaspoons baking powder, one teaspoon vanilla.—Mrs. Nettie Flick, San Pedro, Calif.

Icing.

One-fourth cup syrup, one cup sugar, one-fourth cup hot water. Boil till threads, then add to the beaten white of one egg. Chopped nuts may be added.—Mrs. Vanzandt, San Pedro, Calif.

KARTOFFEL TORTE.

One cup of butter, two cups of sugar, one cup of grated boiled potatoes, one-half cup of milk, two cups of flour, one-half cake of sweet chocolate grated, one-half teaspoon cinnamon, one-half teaspoon cloves, one and one-half teaspoons baking powder, one-half cup of chopped almonds, four eggs. Bake in a pan with a funnel in about forty-five minutes—Mrs. Fred Terry, Milwaukee, Wis.

LAYER CAKE.

One cup of sugar, one and one-fourth cup of butter, three eggs, one-fourth cup milk, one heaping teacup of flour, one teaspoonful of baking powder; put in three tins, bake in moderate oven.—Mrs. W. Patterson, Williams, Ariz.

LAYER CAKE.

One and one-half cups sugar, one-half cup butter, three yolks of eggs (save whites for icing), one and one-half cups milk, two teaspoons baking powder; flour to make stiff enough to bake.—Mrs. Wm. Ergmann, Los Angeles, Calif.

LEMON CAKE.

Two teacups powdered sugar, one teacup butter, beaten to a cream; one teacup sour milk, juice of one lemon, one teaspoon

soda dissolved in milk, five eggs beaten separately, four cups flour. Bake as soon as mixed.—Mrs. E. M. Victor, New York, N. Y.

YELLOW LOAF CAKE.

Two-thirds cup butter, one and one-half cups sugar, beat to a cream; add yolks of four eggs, one at a time, then add one cup milk, one teaspoon flavoring, three cups flour, one teaspoon baking powder; add these a little at a time, and lastly the whites of the four eggs beaten to a stiff froth; beat the mixture hard.—Mrs. J. Salzman, Los Angeles, Calif.

NUT LOAF CAKE.

One cup pulverized sugar, one-half cup sour cream with one-half teaspoonful soda, one cup chopped nuts, one cup flour. If sour cream cannot be had substitute sour milk and one tablespoonful butter. Bake in loaf. Frost with plain icing.—Miss Lena Johnson, Trout Creek, Mich.

LUNCH CAKE.

One pound of brown sugar, one cupful of molasses, four eggs, two teaspoons of ground cinnamon, cloves, one-half cup almonds chopped fine, one-half cup citron, one teaspoon soda; flour enough to make stiff batter. Bake in moderate oven. Should age one week.—Mrs. Frank Beckwith, Flagstaff, Ariz.

MAHOGANY CAKE.

One and one-half cups sugar, one-half cup butter, one-half cup sweet milk, two cups flour, three eggs, one teaspoon soda in one-half cup sweet milk, one-half cup chocolate cooked till thick in one-half cup sweet milk. Put into cake when cool.

Filling.

Two and one-half cups of white or brown sugar, two cups milk cooked until thick. When cool put flavoring in.—Mrs. Will Ergman, Jr., Los Angeles, Calif.

MARBLE CAKE.

Cream one scant cup of butter, add two cupfuls of sugar. Put all together, add four eggs beaten very light; one cup sweet milk, three cups of flour, two teaspoon of baking powder. Put one-fourth of the mixture in a separate bowl and color a pale pink with fruit coloring and another quarter, a deep brown with melted chocolate. Have a deep cake pan lined with paper and put the mixture in by spoonfuls first one and then another. Bake in a moderate oven until done. When nearly cold, cover with icing.—Mrs. Frank Beckwith, Flagstaff, Ariz.

MARBLE CAKE.

One-half cup butter, one cup sugar, four eggs, three cups flour, one cup water, two teaspoons baking powder, flavor to taste. After it is all mixed, take one-half of the batter in another dish and mix with it one cake of sweet chocolate previously thinned with a little water, then drop alternately one spoon of light with one spoon of dark batter.—Mrs. W. A. Mayflower, Denver, Colo.

MARSHMALLOW CAKE.

Whites four eggs, one cup sugar, one-half cup butter, one and one-half cups flour, one-half cup sweet milk, one and one-half teaspoons baking powder. Filling:—Two tablespoons gelatine dissolved in four tablespoons hot water, two cups confectioner's sugar, flavor with vanilla or lemon. Beat for half an hour, and if too stiff thin with hot water, pour the mixture into a buttered tin and set on ice to harden. When cold put between the cakes. This may be made the day before using, as both cake and filling must be thoroughly cold when put together.—Mrs. W. F. Baker, Manistee, Mich.

MARSHMALLOW CAKE.

One cupful whites of eggs, about ten or twelve; one cupful flour with one teaspoonful cream tartar sifted five times, one and one-half cupfuls pulverized sugar sifted five times. Put the whites on a large platter, add pinch of salt, beat with wire beater. When thoroughly beaten fold in very lightly the sifted sugar. Last, put in the sifted flour and one teaspoonful vanilla. Put oiled paper in tins. Bake in three large layers fifteen minutes or more in moderate oven.

Filling.

Soften—but not melt—three-fourths pound fresh marshmallows, boil three cupfuls pulverized sugar in one-half cupful water until it threads, cool slightly, add the beaten whites of three eggs gradually until it is thick enough to spread; cut mallows in halves and put on each layer of filling. For the top use whole marshmallows. Do not use too many marshmallows, as it becomes too sweet.—Contributed, Williams, Ariz.
Ariz.

MINNEHAHA CAKE.

Three eggs, one and one-half cups sugar, one-half cup butter (small), one-half cup cream, one-half cup milk, three cups flour (small), three teaspoons baking powder, vanilla flavoring. Bake

in two layers and put together with part of boiled icing to which add one cup chopped raisins and a trifle of chocolate.—Miss Filer, Manistee, Mich.

ONE EGG MOCHA CAKE.

Cream together one large tablespoonful of butter, and one cupful of sugar. Add the yolk of one egg, stir in three-quarters cupful of milk, a quarter teaspoonful of salt, and a half teaspoonful of vanilla. Add one full cup of flour sifted with one rounded teaspoonful of baking powder. Melt over steam, two squares of chocolate and mix well. Then add the well-beaten white of egg. Bake in two layers in nine-inch tins, in a fairly hot oven. When cool fill and ice the layers with the following mixture: Beat together until creamy one cupful of confectioner's sugar, one large tablespoonful of butter, a little vanilla, two teaspoonfuls of dry cocoa, and two tablespoonfuls of coffee made very strong.—M. G. X., Newark, N. J.

MOLASSES CAKE.

One cup sugar, one and one-half cups molasses, one cup coffee or sour milk, one-half cup boiling water with one teaspoon soda dissolved, one-half cup shortening, two eggs, nuts, flour to make dough stiff enough to drop from spoon.

Filling.

One cup sugar, one cup of milk. Boil until it makes a soft ball when dropped in water. Remove from fire and add one tablespoon of butter; stir.—Miss J. M. Daggs, Williams, Ariz.

MOLASSES LAYER CAKE.

Two-thirds cup of molasses, two-thirds cup of sugar, two-thirds cup of milk, two tablespoons of butter, yolks of two eggs, one teaspoon of soda, two teaspoons of cinnamon, one teaspoon of cloves, one teaspoon of allspice, two-thirds cup of flour.—Mrs. A. G. Rounseville, Williams, Ariz.

SPICED MOLASSES CAKE.

One-half cup sugar, one cup shortening (butter or cottolene); one cup molasses, one cup boiling water, one teaspoon soda, one teaspoon ginger, cloves and cinnamon, two eggs, two and one-half cups flour. Beat the eggs well and put in last.—Mrs. Amos Adams, Williams, Ariz.

ROCKY MOUNTAIN CAKE.

Cream one scant cupful of sugar and one-half cupful of butter and add flavoring. Sift into one and three-fourths cupfuls

of flour one-fourth teaspoonful of salt and one teaspoon of baking powder. Add three well-beaten eggs and part of the flour, then the milk and the rest of the flour. Beat thoroughly for ten minutes. Bake in loaf, layer or gem tins.—Contributed, Denver, Colo.

NUT CAKE.

One cup sugar, scant half cup of butter, two cups of flour, half cup sweet milk, two eggs. Beat butter and sugar to a cream, add the eggs beaten lightly, then the milk and the flour sifted with two teaspoons of baking powder; and one pound of walnut meats chopped (not too fine). Bake in three layers and fill with a nice tart jelly.—Mrs. Fred Lebsch, Prescott, Ariz.

NUT CAKE.

One cup butter, two level cups sugar (put in one-fourth of it at a time), four eggs. Beat yolks to a cream then beat into the butter and sugar. Add one cup milk, one and one-half teaspoons vanilla, three level cups flour, two level teaspoons baking powder. Beat all well. Add one and one-half cups English walnuts chopped fine. Beat well. Fold in whites of eggs carefully. Bake almost an hour.—Mrs. McDonald Robinson, Williams, Ariz.

NUT CAKE.

One and one-half cups sugar, one cup milk, scant half cup of butter. Cream butter and sugar, add beaten yolks of four eggs, one teaspoon of vanilla, one cup chopped nut meats, one teaspoonful of baking powder in flour enough to make stiff batter. Beat the whites of the four eggs stiff and stir in mixture. Bake in slow oven one hour.—Mrs. Finney, Williams, Ariz.

NUT CAKE.

One cup fine soft whole wheat bread crumbs from center of loaf, one cup mixed ground nuts, blanched almonds and English walnuts, one cup sweet milk, one beaten egg, salt, pepper, sage. Mix and let stand for a few minutes, stir it, put into buttered baking dish and bake about twenty minutes.—Mrs. S. T. Elliott, Kingman, Ariz.

ONE EGG CAKE.

One-half cup butter, one and one-half cups sugar, three cups flour, one cup sweet milk, one cup chopped raisins, one egg, two teaspoons baking powder.—Miss Gardner, Manistee, Mich.

ONE EGG CAKE.

Four tablespoons butter, creamed; one-half cup sugar, one egg beaten light, one-half cup milk, one and one-fourth cups flour, one teaspoon baking powder, one-half teaspoon vanilla. Gradually add sugar to butter, then egg; mix and sift the flour and baking powder.—Mrs. A. W. Richardson, Los Angeles, Calif.

ONE-TWO-THREE-FOUR CAKE.

One cup butter, two cups sugar, three cups flour, four eggs, one and one-half cups milk, three level teaspoons baking powder, one teaspoon vanilla or lemon. Cream butter and sugar, add eggs well beaten, then milk, and flour with baking powder. Put in vanilla and whip well. This may be used as a loaf cake if a little more flour is added. It makes a splendid dessert if baked in layers and served hot with whipped cream.—Mrs. Fred H. Perkins, Williams, Ariz.

ORANGE LOAF CAKE.

Three-fourths cup butter, five eggs, two cups granulated sugar, grated rind and piece of one orange, one-half cup cold water, two cups sifted flour, two teaspoons baking powder. Beat the butter and sugar till light and creamy, add yolks of eggs beaten till thick, then orange juice and rind, also the cold water. Sift and add the flour and baking powder beating well after these are added. Last fold in the stiffly beaten whites of four eggs, reserving the remaining whites for the frosting.

Orange Frosting.

White of one egg, one cup sugar, grated rind of one orange, piece of half an orange. Beat white of egg till stiff, add slowly sugar, stir in orange juice, rind, mix well and spread when cake is cold.—Mrs. C. A. Collett, (nee Simpson), Los Angeles, Calif.

PLAIN CAKE.

One tablespoon butter, one cup sugar, two eggs, one cup milk, two teaspoons baking powder, vanilla, sufficient flour for thin batter. Beat butter and sugar to a cream and stir in the well beaten eggs. Add milk alternately with the flour that has the baking powder sifted through. Bake in layers. (This cake can always be relied on.)—Mrs. A. F. Johnson, Williams, Ariz.

POTATO CAKE (VISOLIA).

Two cups sugar, one cup butter, one cup sweet milk, two cups flour, one cup mashed potatoes with milk, one small cup

chocolate (or seven tablespoons), two teaspoons baking powder, one cup chopped nuts, one cup chopped raisins, one teaspoon each cinnamon and nutmeg, four eggs. Bake one hour slowly. —Mrs. E. M. Victor, New York, N. Y.

POTATO CAKE.

Two cups sugar, one cup butter, four eggs, one-half cup milk, one-half cup walnuts chopped fine, one-half cup potatoes mashed fine, two cups chocolate, two and one-half cups flour, two teaspoons baking powder, one teaspoon each, cloves, cinnamon and nutmeg. Bake in moderate oven three-quarters of an hour.—Mrs. F. Johnson, Santa Cruz, Calif.

POTATO CAKE.

One scant cup butter, two scant cups sugar, four eggs, one large cup mashed potatoes (hot), one cup melted chocolate, one-half cup milk, two cups flour, one teaspoon vanilla, one teaspoon cloves, one teaspoon cinnamon, one teaspoon nutmeg, two teaspoons baking powder, one-half cup chopped English walnuts. Bake in bread pan and cut in squares.—Mrs. J. S. Folsom, Winslow, Ariz.

POTATO CAKE (CHOCOLATE).

Cream two cupfuls of sugar and one and one-half cupfuls of butter. Add one-half cupful of milk, four eggs, two cupfuls of flour, one cupful of mashed potatoes, two teaspoonfuls of baking powder, one teaspoonful each of cinnamon, nutmeg and cloves, and one cupful of chopped walnuts. Melt four cakes of chocolate and add to cake. Bake in thin layers. Add cocoanut to frosting.—Contributed, Williams, Ariz.

POTATO CAKE.

Four eggs, two cups sugar, one cup butter, one cup grated chocolate, one cup mashed potatoes, one cup chopped nut meats, three cups flour, one-half cup milk, two teaspoons baking powder, one teaspoon cloves, one nutmeg, grated.—Mrs. E. E. Teft, Anacortes, Wash.

CARL'S POTATO CAKE.

One cup sugar, one-half cup butter, two eggs, one-half cup mashed potatoes, one-fourth cup sweet milk, one-half cup chopped walnuts, one-fourth cup chocolate, one cup flour, one teaspoon baking powder, one-half teaspoon each cloves cinnamon, nutmeg, one-half cup raisins. Bake thirty minutes in slow oven.—Mrs. Fred W. Sisson, Lalomai Lodge, Oak Creek Canyon, Ariz.

POUND CAKE.

Three-fourths pound butter, one pound pulverized sugar, one and one-half pounds flour sifted nine times with two level teaspoonfuls baking powder, twelve eggs beaten separately, one-half small tumbler rose water, two teaspoonfuls vanilla, one-half grated nutmeg. To the creamed butter and sugar add the well beaten yolks, then the nutmeg and vanilla. Beat in flour and rose water alternately. Last the beaten whites of the eggs. Bake in two oiled tube cake pans, in a moderate oven for two hours or more. Ice with good firm icing. This cake will keep two weeks.—Mrs. M. S. Carpenter (deceased), Hackensack, N. J.

Mooney—"What kind of cake was that yez sent wid me dinner this mornin', Rosy?"

Rosy—"That was pound cake, Jerry."

Mooney—"Pound cake, is it? Faith, then be the way it felt all the afternoon I thought it was a ton."

SPICE CAKE.

One and one-half cups brown sugar, one-half cup butter, cream, butter and sugar, one cup sour cream one teaspoon soda dissolved in the cream, one teaspoon cloves, one teaspoon cinnamon, one teaspoon nutmeg. Bake in two layers, ice with carmel icing. Carmel Icing:—Three cups granulated sugar, one-half cup Rose Bud drip syrup or one-half cup brown sugar, one and one-half cups milk placed in pan, let boil until it makes a soft ball in water as for Fudge; take from fire, add piece of butter size of walnut, one tablespoon vanilla, let cool, beat to a cream, and ice cake when the cake is cold.—Mrs. Geo. Barney, Williams, Ariz.

SPICE CAKE.

One cup butter, one and one-half cups brown sugar, yolks of five eggs, one cup sweet milk, two cups flour, two teaspoons baking powder, one teaspoon each, cinnamon, cloves and nutmeg. Bake in three layers.—Mrs. Willis Patterson, Williams, Ariz.

SPICE CAKE.

Four eggs, one cup sour milk, one tablespoon butter, one and one-half cup powdered sugar, one teaspoon cinnamon, cloves, alspice, each, one-half teaspoon nutmeg, one-half teaspoon soda, beat the whites and yolks separately; cream the butter and sugar, then add beaten yolks, then cream the mixture before adding flour and spices and beat again, then add the beaten whites.—Mrs. Martha McIntyre Arey (deceased), San Bernideno, Calif.

SPICE CAKE.

One and one-half cups of brown sugar, one tablespoon of butter, one small cup of sour cream, four eggs, reserving the whites of two for frosting, one teaspoon of all kinds of spices, one teaspoon of soda dissolved in the cream, one teaspoon of baking powder sifted with flour enough to make a soft dough, bake slowly, either in layers or loaf. Very good.—Mrs. R. S. Teeple, Holbrook, Ariz.

SPICE LAYER CAKE.

One and one-half cups sugar, one-half cup butter, yolks three eggs (save the whites for icing), one and one-half cups milk, one teaspoon cinnamon and cloves, three-fourths cup chopped raisins, three-fourths cup chopped walnuts, two teaspoons baking powder and flour to make stiff enough to bake.—Mrs. Ergmann, Jr., Los Angeles, Calif.

CREAM SPICE CAKE.

Two cups brown sugar, two and one-half cups flour, one-half cup butter, one-half cup sour cream, yolks of five eggs or three whole ones, two teaspoons cloves, two teaspoons cinnamon, one-half teaspoon allspice, one-half teaspoon ginger, one-half teaspoon nutmeg, one teaspoon soda. If cream is too rich, add sweet milk.

SPICE CAKE.

One cup of sugar, one cup sour cream, three eggs, one-half teaspoon soda. Two cups of flour, one-fourth teaspoon salt, one-half teaspoon each ground cloves, nutmeg, cinnamon and allspice, one cup of nuts, one cup of raisins, one tablespoonful of ground chocolate. Bake in slow oven. This is a high altitude recipe used in Trinidad.—Mrs. E. A. Coleman, Wichita, Kans.

SPICE CAKE.

Add one cup sugar, one tablespoon butter, four eggs (leave two whites for icing if desired), one cup milk, one and one-half teaspoons of baking powder, one teaspoon cinnamon, one-half teaspoon cloves, one-half teaspoon nutmeg. Add flour. Ground walnuts make it very good.—Miss Elfie Emerson, Williams, Ariz.

PORK CAKE.

One pound salt pork ground fine, one-half pint boiling water, one pound seeded raisins, one cup molasses, two cups brown

sugar, one teaspoon soda, one ounce cloves, two ounces cinnamon. Stir stiff with flour.—Mrs. H. M. Stark, Williams, Ariz.

PORK CAKE.

Two cups brown sugar, four teaspoons cinnamon, one teaspoon cloves, one nutmeg, one and one-half cups molasses, one teaspoon of soda, three eggs, one pound salt pork chopped fine, one pint boiling water poured over the pork, two sieves of flour, one pound of raisins, one pound of currants, one pound of walnuts, small piece of citron and lemon peel.—Mrs. W. Patterson, Williams, Ariz.

PORK CAKE.

One pound salt pork chopped fine, one pint boiling water poured over pork, two cupfuls sugar, one cup molasses with one teaspoonful of soda stirred in molasses, one pound seeded raisins, one-fourth pound chopped citron, two teaspoonfuls baking powder sifted with five cups of flour, add half teaspoonful all kinds spices desired.—Mrs. Finney, Williams, Ariz.

"OLD SOUTHERN POUND CAKE."

Contents:—One pound of butter, one pound of pure light brown sugar, one pound of flour, sixteen eggs. Directions:—No spoon to be used. Butter and sugar creamed with the hands, and eggs added one at a time, into the creamed butter and sugar, saving whites of two eggs for frosting. Flour to be sifted three times before used, and to be weighed after last sifting. Add one heaping teaspoonful baking powder to the flour, then flour to be added gradually to the creamed butter, sugar and eggs. To preserve or keep this cake moist for some length of time, one wine glass of wine can be added. When adding the wine, add a little more flour. A large pound tin or two small half pound tins should be used. If baked in large size tins, must stay in oven one hour. Fire to be slow and steady. Frosting:—To be made same as for any other cake, with the two whites of eggs left. The old southern method was to use powdered sugar instead of frosting. (This is the old Jefferson family pound cake recipe and has been used continuously in my mother's family for almost a century.)—Miss Florence Atkinson, Chicago, Ill.

POUND CAKE.

One and one-fourth pounds flour, one and one-fourth pounds sugar, one pound butter, twelve eggs. Cream butter and sugar, add eggs, then flour, and flavor to taste.—W. A. Field, Williams, Ariz.

PRUNE CAKE.

Two-thirds cupful butter, one cupful sugar, three eggs, two cupfuls flour, four tablespoonfuls milk, one-fourth teaspoon soda, one heaping cupful prunes, two teaspoonfuls allspice, two teaspnoonfuls nutmeg, two teaspoonfuls baking powder.—Mrs. McDonald Robinson, Williams, Ariz.

SNOWBALL CAKE.

Cream one cup sugar, and one-half cup butter; add one-half cup milk, two cups flour, one-half teaspoon soda, one teaspoon cream of tartar, then add the whites of three eggs, beaten stiff. Bake in a sheet. Frosting: Two cups sugar, two-thirds of a cup of milk; boil ten minutes. Add a little lemon, and beat until cold.—Mrs. E. C. Mills, Maine, Ariz.

SNOW CAKE.

One-half cup butter, one cup sugar, whites of four eggs beaten stiff, one cup milk, one and one-half cups flour, one teaspoon baking powder. A good layer cake is made from this by adding yolks, more milk and flour.—Mrs. J. F. Daggs, Williams, Ariz.

A GOOD SPONGE CAKE.

Separate the whites and yolks of four eggs. When the whites are stiff enough to remain in the bowl when it is inverted, beat into them one-half cup sugar which must be granulated. Powdered sugar makes tough cake. Then beat the yolks, add to them another half cup of sugar, beating for five minutes by the clock; this latter is very important as the delicate texture of the cake depends upon it. Add to the yolks the juice and grated rind of one lemon. Now beat well together the yolks and whites. At this stage, beating is in order, but must be absolutely avoided after adding the flour, of which take one cup; this is to be tossed or stirred into it with a ligt turn of the wooden spoon. The cup of sugar should be generous, the flour scanty. Bake for twenty-five minutes in a moderate oven. Just before putting in the oven sprinkle on top through a sifter about a tablespoonful of granulated sugar.—Miss Katherine Anderson, Williams, Ariz.

SPONGE CAKE.

Weigh three eggs, separate, and beat well the weight of the eggs in sugar, one-half the weight of the eggs in flour; add sugar gradually to the beaten yolks, juice of one-half a lemon

and a little of the rind, then the flour with one teaspoonful of baking powder sifted in it. Fold in the beaten whites last. Bake in pretty hot oven. Use a wire beater througout.—Mrs. M. S. Carpenter, Hackensack, N. J.

SPONGE CAKE (FINE).

Ten eggs, one pound granulated sugar, one-half pound flour, juice and rind of one-half lemon. Beat the yolks and sugar together for at least half an hour, add the lemon, then the beaten whites and flour last. Sprinkle the top with sugar. Bake in moderate oven. This is a moist cake and has a thick crust.—Contributed, Saginaw, Mich.

SPONGE CAKE.

One cup of sugar and yolks of five eggs creamed together. Five tablespoons water, one and one-half cups of flour, one rounding teaspoon baking powder, flavoring. Last add whites of five beaten eggs.—Miss Effie Emerson, Williams, Ariz.

SPONGE CAKE.

Three eggs, one and one-half cups sugar, one-half cup water, two cups flour, two teaspoons baking powder, one tablespoon lemon juice.—Miss J. M. Daggs, Williams, Ariz.

SPONGE CAKE.

Four eggs, beat whites stiff; one cup sugar with beaten yolks, one cup flour, scant teaspoon baking powder.—Mrs. Geo. A. Cole, Middletown, Conn.

CREAM SPONGE CAKE.

One and one-half cups flour, one cup sugar, stirred together; two eggs, beaten slightly in a teacup filled with rich milk, one-half teaspoon soda, one teaspoon cream tartar.—Mrs. Geo. A. Cole, Middletown, Conn.

HOT WATER SPONGE CAKE.

One and one-half cup of powdered sugar or one and one-quarter cup granulated, four eggs, two teaspoons baking powder, (small), one tumbler flour, one pinch salt, four tablespoons boiling water. Cream yolks and sugar thoroughly then add beaten whites and flour, stir well and then stir in boiling water. Delicious.—Mrs. Watson, Bay City, Mich.

OLD PHILADELPHIA SPONGE CAKE.

Beat together one pound granulated sugar and the yolks of ten eggs until as light as cream; the more these are beaten the finer will be the grain of the cake, add the juice and grated yellow rind of one lemon, have the whites of the eggs beaten to a stiff froth and add alternately to the mixture with one-half pound sifted flour, bake twenty-five minutes. Bake in a single cake, or in patty pans.—Contributed.

OLD FASHIONED SOUR MILK CAKE.

One cup sugar with one egg stirred in, two-thirds cup melted butter, two-thirds cup of sour milk (buttermilk is best), with one-half teaspoonful of soda dissolved and stirred in, flavor with nutmeg, two and one-half cups of flour, with one-half teaspoonful of baking powder sifted in. A good spiced cake can be made by adding to this recipe one-half cup of molasses, with a pinch of soda well beaten in and a teaspoonful each of cloves and cinnamon, and one-half cup flour. Bake slowly.—Mrs. John J. Staley, Manistee, Mich.

STRAWBERRY CAKE.

Make any nice layer cake. Between the layers put mashed preserved strawberries drained of juice, and on top put lightly whipped sweetened cream. Dot with large berries. Or bake a shallow angel food and pile the top with wipped cream and berries after icing the sides.—J. W. Bayles, Williams, Ariz.

SUNSHINE CAKE.

One and one-half cups pulverized sugar, one cup flour, ten eggs (whites), six eggs (yolks), one teaspoon extract of lemon, one teaspoon cream of tartar. Beat whites of eggs until stiff and dry. Add sugar gradually with continued beating. Then add yolks of eggs with lemon exartct, yolks beaten until thick and lemon colored; cut and fold in flour mixed and sifted with cream of tartar. Bake fifty minutes in moderate oven in angel cake pan.—Mrs. F. M. Wood, Mayer, Ariz.

SUNSHINE CAKE.

Cream together, one and one-fourth cups sugar, three-fourths cup butter; yolks of eight eggs, well beaten; three-fourths cup milk, flavoring, two and one-fourth cups flour, one good teaspoon baking powder. Bake in layers.—Mrs. F. W. Smith, Williams, Ariz.

SUNSHINE CAKE.

"It's the song ye sing and the smiles ye wear,
That makes the sun shine everywhere."

"What we call Luck,
Is simply Pluck;
And doing things over and over;
Courage and will,
Perserevarnce and skill,
Are the four leaves of Luck's Clover."
—Contributed.

SUNSHINE CAKE.

Six eggs, one medium glass flour, one and one-fourth glasses granulated sugar, one scant teaspoon cream tartar, one pinch salt, two teaspoons lemon juice, one teaspoon grated lemon rind or teaspoon lemon or orange extract. Sift the flour with the cream tartar and salt six times. Sift the sugar and put it back in sieve. Separate the eggs, beat yolks to thick cream, put in lemon juice and flavoring. Beat the whites to stiff froth, then beat in the sugar little at a time. Then add yolks to the whites, sift in flour and fold in slowly. Bake in moderate oven. *Do not grease cake tin.* Bake forty or forty-five minutes. When done invert the tin. Frosting:—Take one-half cup sugar, one teaspoon lemon or orange extract and stir until the consistency of frosting.—Mrs. John C. Brown, Los Angeles, Calif.

SUNSHINE CAKE.

After using the whites for angel food take the eleven yolks of the eggs, one cup of butter, two and one-half cups of flour, two cups of sugar, one cup of milk, one teaspoonful of baking powder. Bake in loaf or layers.—Mrs. Don Reed, Harper, Kans.

SUNSHINE SPONGE CAKE.

One cup of sugar, four tablespoons of water (cold), six eggs beaten separately, one and one-half cups of flour, one heaping teaspoon of baking powder, lemon extract or any kind of flavoring. Put the beaten whites of eggs in last. This can be baked in any form.—Mrs. Rose L. Hicks, Williams, Ariz.

TEA CAKE.

Four cups flour, four teaspoons baking powder, one and one-fourth cups sweet milk, one cup sugar, one egg ,one and one-

fourth cups walnut meats ground coarsely. Stir all together and let stand twenty minutes before baking in a loaf. Is better to stand a few days before eating. Slice and eat with butter. Delicious.—Mrs. Homer Stuntz, Madison, N. J.

WHITE CAKE.

One and three-fourths cups sugar, one cup butter, one cup milk, whites of seven eggs, three cups sifted flour, two teaspoons baking powder, vanilla. Icing:—Two cups sugar, three wine glasses of water, whites of two eggs.—Mrs. Geo. Irwin, Williams, Ariz.

WHITE CAKE.

Whites of seven eggs, two cups pulverized sugar, one cup butter, one cup sweet milk, three cups flour, one cup cornstarch, two teaspoons baking powder. First mix one cup pulverized sugar with the well beaten whites of the eggs. The other cup of sugar to be creamed with the cup of butter. To this add the milk, cornstarch; flour with baking powder and last the whites of eggs.—Miss M. J. Orth, Los Angeles, Calif.

WHITE CAKE.

One teacup sugar, one-fourth pound butter. Cream sugar and butter, then add the stiffly beaten whites of four eggs, one-half cup milk or water, two cups flour, one teaspoon baking powder sifted with flour, flavor to taste. Be sure to use the same sized cup to measure.—Contributed, Williams, Ariz.

ENGLISH WALNUT CAKE.

One cup sugar, three-fourths cup butter, creamed; three eggs, saving white of one for icing; three-fourths cup water, two cups flour, one teaspoon baking powder, one-half cup walnuts, cut not too fine. Bake either in loaf or layer, flavor with almond.—Miss Eva Wheeler, Flagstaff, Ariz.

WHITE CAKE.

One cup sugar, one-half cup butter, one-half cup milk, two cups flour, two teaspoons baking powder, whites of three eggs well beaten. Make three layers. Frosting:—Yolks of three eggs, one cup sugar, one-half teaspoon vanilla. Beat fifteen minutes.—Mrs. Bruner, Los Angeles, Calif.

WHITE WEDDING CAKE (VERY NICE).

One cup of butter, two cups of sugar, three cups of flour, three spoonfuls of baking powder, whites of eight eggs, one

pound citron sliced thin, one pound of almonds blanched and chopped fine, one medium sized fresh cocoanut, grated; one-half cup rose water. Cream butter and sugar thoroughly, add one cup of milk, and flour in which baking powder has been sifted three times; stir well, add fruit and nuts, stirring only enough to mix thoroughly; last of all add the whites of the eggs beaten to a stiff froth, and the wine. Fold in lightly and bake in a moderate oven.—Mrs. C. D. Gardner, Manistee, Mich.

SMALL CAKES

"It is the bounty of nature that we live; but of philosophy that we live well."—Seneca.

LITTLE FRUIT CAKES.

Cream together three-fourths cup butter and two cups sugar; add three well beaten eggs, one-half teaspoon nutmeg, one-third teaspoon cloves, one-fourth teaspoon mace, one teaspoon allspice. Mix, sift together with one teaspoon cream tartar and three cups flour. Dissolve three-fourths teaspoon soda in one cup milk, add part of the flour to the egg mixture, then the milk and the remainder of the flour. Dredge with the flour one cup sliced citron and two cups seeded raisins and add to the batter. Bake in small tins in moderate oven.—Miss Pearl Bruner, Los Angeles, Calif.

LEMON CUP CAKES.

Two cups of sugar, one cup of butter, four eggs beaten separately, the whites put in last; one-half cup of lemon juice. One teaspoon soda in a little water in a glass, fill up the glass with sweet milk; one quart of flour, beaten whites of the four eggs. Bake in patty tins. This will make three dozen.—Mrs. P. J. Burns, Williams, Ariz.

LUNCHEON CUP CAKES.

Break one egg in a small cup and fill up with sweet cream; beat them together, then add one small cup of sugar, one and one-half cups of flour, one teaspoonful of baking powder sifted with the flour, flavor with half teaspoonful of mace, sprinkle with colored granulated sugar and bake in gem pans.—Mrs. R. S. Teeple, Holbrook, Ariz.

DELICIOUS CAKES OR OATMEAL COOKIES.

One cup shortening (half lard and half butter), one large cupful of clarified sugar creamed with butter; two eggs well beaten, nine tablespoonfuls of sour milk, one scant teaspoonful of soda dissolved in milk, one teaspoonful of cinnamon, one-half teaspoonful of nutmeg, pinch of salt, one-half cup of chopped nut meats, one cupful of chopped raisins, one small teaspoonful of baking powder sifted with two cups of flour, add one cupful of oatmeal last (ground through your meat chopper). Bake in muffin tins, but can be baked as dropped cookies if preferred.—Mrs. J. W. Smith, Williams, Ariz.

CHOCOLATE ECLAIRS.

Make a cream puff paste with two tablespoonfuls lard, four tablespoonfuls water, one teacupful sifted flour, one-half teaspoonful salt, three beaten eggs. Put the lard and water together with the salt, in a shallow sauce pan, and let come to a very good boil, stir in the sifted flour, and make a good paste. Remove from the fire, put in a mixing bowl, let cool a little, stir in the beaten eggs gradually. Dust with flour and grease the baking pan. Drop mixture in pan in any desired shape, brush with egg wash, and let stand a while to smooth off before baking in quick oven. When baked, split the side or end, fill with prepared custard (or whipped cream). Replace and make a chocolate icing top of each. Serve cold, but fresh.—Miss Wikstrom, Williams, Ariz.

LEMON GEM CAKES.

Two cups sugar, one cup butter, one-half cup lemon juice, one cup sweet milk, one quart sifted flor, four eggs, one teaspoon (level) soda, two tablespoons lemon extract. Cream sugar and butter. Add the well beaten eggs, lemon juice, soda, dissolved in the sweet milk, lemon extract and then the flour. Bake in gem tins.—Mrs. E. E. Tefft, Anacortes, Wash.

HERMITS.

One cup of sugar, one cup of shortening, one cup of sour milk, one cup of raisins, one cup of currants, one cup of walnuts, chopped; one cup of brown sugar, one teaspoon of cinnamon, one teaspoon of cloves, one teaspoon of nutmeg and two teaspoons baking powder. Mix to a thick batter; take teaspoon and drop in baking pan.—Mrs. H. A. Hicks (deceased), Williams, Ariz.

HERMITS.

One and one-half cups brown sugar, one cup shortening, two eggs, one-half cup sour milk, one teaspoon soda, one teaspoon each of cloves, allspice and cinnamon; flour to thicken; one cup raisins; add nuts if you wish. Drop in well greased pans.—Miss Dorothy Stark, Williams, Ariz.

HERMITS.

Mix together two cups sugar, one cup molasses, one cup pure lard softened, and two level teaspoonfuls soda dissolved in a cup of warm water. Add two well beaten eggs, two teaspoonfuls cinanmon, one teaspoonful cloves, six cups flour and one cup fruit, which may be raisins, seeded, chopped English

currants or chopped prunes. Mix very soft, cut out with a cooky cutter and bake in floured tins in a medium hot oven.—Mrs. John Langowsky, Williams, Ariz.

HOW TO MAKE KISSES.

The secret of good kisses lies in the beating. Beat the whites of two eggs to a stiff froth, then add two cupfuls of granulated sugar and one teaspoonful of vinegar. Beat well for twenty minutes. Turn your making pan upside down, and cover with oiled paper. Drop the mixture in teaspoonfuls on the pan. Then bake slowly twenty-five minutes. This quantity makes two dozen.—Mrs. J. W. Smith, Williams, Ariz.

MACAROONS.

Whites of two large eggs beaten stiffly. Add gradually, one cup powdered sugar, one-half cup grated chocolate (steamed over kettle to melt), one cup nuts (walnuts are best) chopped. Flavoring—one-half teaspoonful vanilla. Drop by teaspoonfuls. Bake in lightly buttered pans or on paper for fifteen or twenty minutes in slow oven. Take off on platter to cool, using a broad knife or spatula. Put a little milk on each one, also a marshmallow. Let stand in the oven till melted a little. Serve with whipped cream. Delicious and rich.—Mrs. Geo. A. Cole, Middletown, Conn.

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DATE MACAROONS.

One pound dates chopped fine, one pound blanched almonds chopped fine, whites of four eggs beaten to a stiff froth and one cup granulated sugar. Beat the sugar into the whites of the eggs gradually, add the dates and almonds and bake the mixture on buttered paper in a moderate oven.—Contributed.

MACAROONS.

Whites two eggs, one-fourth pound pulverized sugar, one cup nuts ground, drop from spoon on greased paper, bake in slow oven twenty to twenty-five minutes. To make stick together rub with white of egg.—Mrs. R. W. McIntire, Phoenix, Ariz.

MARGUERITES.

Take long crackers, spread with butter, then with finely chopepd nuts, beat the whites of two eggs stiff, add a little pulverized sugar, spread over crackers, place in oven to brown.—Mrs. A. B. Lebsch, Williams, Ariz.

MARGUERITES.

Long Insland Wafers. Spread with a rather soft frosting in which as been mixed finely chopped nuts, add a few drops of lemon juice to taste good. Brown slightly or just heat to harden in the oven. Serve with afternoon tea.—Mrs. A. O. Wheeler, Manistee, Mich.

MARGUERITES.

One dozen crackers, white of one egg, on teaspoonful vanilla, one-half cup sugar. Beat egg till stiff, then add sugar, spread on crackers, put in oven till hardens.—Mrs. H. D. Seaton, Portland, Ore.

MARGUERITES.

Eighteen crackers, whites of seven eggs, one-fourth cup sugar and two tablespoons walnuts or pecans chopped fine. Beat the whites of eggs until they are stiff, add sugar and beat briskly; then stir in chopped nuts. Spread the mixture on the crackers and put in a moderate oven until brown.—Mrs. Roy Perkins, Williams, Ariz.

ROCKS.

One and one-half cups sugar, three-fourth cup butter (creamed); one teaspoon nutmeg, one teaspoon cinnamon, one teaspoon soda, one-half cup sour milk, one cup nuts, one cup raisins, three eggs; flour to make a very stiff batter. Drop with spoon.—Mrs. J. E. Jones, Flagstaff, Ariz.

ROCKS.

Cream one-half cup butter, add gradually while beating one-half cup sugar, two eggs slightly beaten, and two cups of flour mixed with one teaspoon cinnamon, one-half teaspoon cloves, one and one-half teaspoons baking powder and a pinch salt. Then add one-half cup each chopped nuts and raisins. Shape into balls and bake.—Mrs. E. S. Marez, Bisbee, Ariz.

RUSSIAN ROCKS.

One and one-half cups brown sugar, one-half cup butter, one-half pound walnuts, two eggs, four tablespoons hot water, one-half box raisins, one teaspoonful cinnamon, one-half teaspoonful cloves, one level teaspoonful soda, two and one-half cups flour. Drop from spoon into pan.—Mrs. E. P. Pooler, Flagstaff, Ariz.

SPONGE DROP CAKE.

Three eggs, one cup sugar, one cup flour, one tablespoon of water, one small teaspoon baking powder, vanilla. Beat yolks until very light, add sugar, beat light and creamy, add water. Sift flour and baking powder two times. Have whites of eggs beaten to stiff froth, add little flour lightly; then little of whites of eggs, fold in lightly, rest of flour and egg, until all is used. Drop teaspoonful on tins one inch apart. Bake in moderate oven. Ice with boiled icing.—Mrs. John Juhl, Williams, Ariz.

CHOCOLATE SQUARES.

Six eggs, beat whites and yolks separately; add to yolks a pinch of salt, one cup pulverized sugar, one-half cake of sweet chocolate, pinch of allspice and cinnamon, one-half cup of flour, one teaspoon baking powder heaped a little; add last the beaten whites of eggs. Bake in a well greased dripping pan. When baked cut in half, put together with jelly. Cut in squares, roll in pulverized sugar.—Mrs. Kitzenger, Mainstee, Mich.

NUT WAFERS.

One cup brown sugar, one cup chopped nuts—any kind; one tablespoonful flour, one tablespoonful butter, one egg well beaten. Drop mixture on well oiled pans, leaving room for them to spread. Moderately slow oven. This will make about two dozen wafers.—Mrs. R. R. Ringwald, Omaha, Nebr.

CANDIES

"These recipes are fine and dandy for any kind of home made candy."

NUT BALLS.

Take great quantities of nuts, walnuts, figs and dates, run through meat grinder, form in balls size of walnut, roll in powdered sugar.—Miss Dempsey, Manistee, Mich.

BUTTER SCOTCH.

Two cups brown sugar one-half cup butter, four tablespoons molasses, two tablespoons vinegar, two tablespoons water. Boil fifteen minutes, pour in pan.—Mrs. Geo. A. Coles, Middletown, Conn.

CANDY.

Two and one-half cups granulated sugar, one-half cup milk, butter size of walnut, mix and boil, stirring all the time: when it will make a soft ball when dropped in cold water, take from stove and stir in a cup of walnuts, as soon as it begins to look a little thick or creamy, pour on buttered plates, when it has set mark off in squares.—Mrs. G. W. Glowner, Williams, Ariz.

CHOCOLATE POPCORN BALLS.

Pop some popcorn and pick out only the crisp, tender grains. Place in a saucepan two cupfuls of granulated sugar, one-half cupful of water and one-fourth teaspoonful of cream of tartar. Boil until it spins a thread or forms a hard ball when dropped into cold water; then flavor with a teaspoonful of vanilla. Pour part of this sugar syrup over the popcorn, and let the remainder stand on the back of the range. Form into tiny popcorn balls with the fingers and then dip into the remaining syrup one at a time. Set aside on greased paper to cool. When cool dip into melted sweetened chocolate.

CHOCOLATE CARAMELS.

Two cups brown sugar, one cup boiling water, boil until threads from spoon, take from stove and let cool, when cool beat until hard, mold and lay on paper to harden, dip in melted chocolate, half walnut on each.—Miss Myrtle Juhl, Williams, Ariz.

CRACKLE.

Two cups of white sugar, butter the size of egg, one cup water, one teaspoon lemon juice, when it hardens in cold water remove from the fire and add teaspoon vanilla, as soon as cool enough to handle flour the hands and pull.—Mrs. Brophy, Williams, Ariz.

NUT AND ORANGE CREAM.

Three cups brown sugar, one cup water, butter size of an egg, one cup chopped walnuts, one cup orange peeling chopped fine. Cook butter, sugar and water until it forms a hard ball when dropped in cold water, add peeling and nuts and let it cool a little then beat it until it is creamy, drop in balls and cool.—Miss Margaret A. Dermont, Williams, Ariz.

"Sweets to the sweet."

CREAM NUT CANDY.

One cup sugar (cane), one-half cup water, one-half cup corn syrup, one cup walnuts, whites of two eggs, few drops vanilla, to one cup sugar add one-half cup water and one-half cup corn syrup thoroughly mixed, stir until sugar is slightly dissolved and cook until syrup threads or forms a ball when dropped in cold water, remove from fire and slowly add to the well beaten whites of two eggs, beating constantly until thick enough to pour into buttered pans or plater lined with nuts, when cold cut in cubes and serve. Just before pouring the candy into platter add the flavoring. —Miss Katherine Wells, Glendale, Calif.

WALNUT CREAM CANDY.

Whites of two eggs, equal part water, stir in powdered sugar until stiff enough to mold in the hands without sticking, mold into balls and place walnut kernel on each one as made, flavor and color as desired.—Mrs. G. W. Glowner, Williams, Ariz.

CREAM PEPPERMINTS.

One cup of granulated sugar, one-half cup of water, cook a few minutes, stir in powdered sugar till thick enough to mold, add eight drops of oil of peppermint.—Mrs. Geo. A. Coles, Middletown, Conn.

DIVINITY.

Two cups sugar, one-half cup corn syrup, one-half cup cold water, pinch of salt, whites of two eggs, one-quarter

pound walnuts, put sugar, syrup and water in a sauce pan on stove and stir until dissolved, cook, stirring occassionally until it strings or forms a hard ball when put in cold water, then stir in this hot syrup the white of two eggs beaten stiff, remove the mixture from stove, set in pan cold water and beat constantly until stiff and creamy, add the nuts, put in buttered dish cut in squares and let cool.—Miss Pearl Bruner, Los Angeles, Calif.

DIVINITY.

Two cups sugar, one-half cup corn syrup, one-half cup water, boil until candy makes a fine soft ball in cold water then pour boiling candy into beaten whites of two eggs and beat till almost cold, then add one-half cup chopped nuts, season with vanilla and pour in buttered plates to cool.—Miss Metlar, San Francisco, Calif.

PEPPERMINT DROPS.

Two cupfuls granulated sugar, one-half cup water, boil three minutes, then add two teaspoonfuls essence of peppermint. Take from the fire, stirring hard until creamy, mold with hands or drop from teaspoon. Mrs. E. L. Donahue, Williams, Ariz.

STUFFED FIGS.

One pound pulled figs, one white of egg, one-half pound mixed nuts, six tablespoons powdered sugar, one-half teaspoon vanilla or half of grated rind, yellow rind of orange. Mehtod—The nut mixture may consist of almonds, pecans, English walnuts and fine nuts. Chop them very fine. Beat the white of one egg until partly light and gradually beat in the powdered sugar, continuing until mixture is stiff. Stir in the nuts and vanilla or orange rind, mix thoroughly. Split the figs carefully on one side and scrape out a portion of the inside flesh, mix it with nuts; then stuff the figs until they are quite distended, putting the skin together so that the split may not be seen. Arrange on a doylie in a glass dish and serve as bon-bons.—Mrs. W. A. Richardson, Los Angeles, Calif.

SEA FOAM.

Four cups sugar, one cup Karo syrup, one cup of water; boil until test forms hard ball in water, have ready whites of four eggs beaten stiff; over these slowly pour syrup, beating constantly. For this use two cups of nut meats. This

candy may be molded in a deep cake pan for slicing or turned into a platter and cut out in pieces.—Mrs. E. A. Coleman, Wichita, Kan.

OCEAN FOAM.

Two cups sugar, one-half cup molasses, (Rose Bud Drip,) one-half cup boiling water. Boil until it hardens in water. Remove from fire, add well beaten whites of two eggs and one cup chopped walnuts, beat until stiff. Drop on buttered plates.—Miss Marie Polson, Williams, Ariz.

FONDANT.

One and one-half pints granulated sugar, one-half pint water, one teaspoonful vinegar or one-fourth teaspoonful of cream of tartar. Boil till it makes a soft ball in water, cool till luke warm, then flavor and stir till it gets like dough. It can be molded at once or placed in a sealed jar for future use.—Miss Hallie Eisminger, Congress, Ariz.

CHOCOLATE FUDGE.

Two tea cups sugar, one-half teaspoon butter, one cup milk, two heaping tablespoons cocoa, stir sugar and cocoa together, add milk and stir till boiling then add butter, when about done stir a little on a saucer and if it becomes pretty thick, take off the fire and beat, then pour into buttered dish and cut into squares.—Miss Leslie Mayflower, Flagstaff, Ariz.

CHOCOLATE FUDGE.

Two cups of cream or milk to three and one-half cups of granulated sugar, lump of butter size of an egg. Boil the mixture until it threads, then add one-fourth pound of Baker's chocolate, melted, and boil briskly for ten minutes. Then add one tablespoon of vanilla and two cups of crushed walnuts; beat until it begins to grain, then turn in platter. When cool, mark in squares.—Mrs. Wilson H. Campbell, Williams, Ariz.

BURNT ALMOND FUDGE.

Brown blanched almonds in the oven and chop rather coarsely. Brown one-half cupful of granulated sugar in a granite pan; then add two-thirds cup of milk, and when the browned sugar is thoroughly dissolved add one cupful of granulated sugar and one tablespoonful of butter. Boil until it makes a firm ball when dropped into cold water; flavor with almond extract and add one cupful of the brown almonds; stir until creamy, then pour into pans and mark off into squares.

MAPLE FUDGE.

Two cupfuls maple sugar, one cupful cream (condensed), butter the size of an egg. Stir occasionally as it cooks. When it hardens in water, stir until it thickens ,then pour out in greased pans. Chopped nuts add greatly to the above.—Miss Margarette A. Dermont, Williams, Ariz.

MAPLE FUDGE.

Two cups brown sugar, one cup maple syrup, one-half cup sweet milk, one teaspoon butter. Let boil until when a little stirred in a cool dish will cream, then remove from stove and add one cup chopped walnuts and stir until creamy. Pour in buttered pan and mark in squares. Set aside to cool.—Mrs. I. Wheeler, Manistee, Mich.

SOUR CREAM FUDGE.

Two cups dark brown sugar, one cup granulated sugar, two squares of Baker's chocolate, two tablespoons of Karo syrup, four tablespoons of sour cream. Cook until test forms very soft ball in water, remove from fire, add two teaspoonfuls of vanilla, and beat smooth. Nuts may be added if desired.—Mrs. E. A. Coleman, Wichita, Kans.

MARSHMALLOWS.

Take one-half box gelatine, put to soak in six tablespoons of cold water. Take two teacups white sugar ,and eight tablespoons boiling water. Let cook till it forms a soft ball in water. Just before taking from the stove add a pinch of cream tartar. Put gelatine in and beat one-half hour. Flavor when half beaten. Pour into a platter lined with pulverized sugar. When cold, cut in squares and roll in pulverized sugar. —Miss Lenia Eisiminger, Yuma, Ariz.

NUT FOAM CHOCOLATES.

Place in a saucepan two cupfuls of granulated sugar, one-half cupful of water and one-fourth teaspoonful of cream of tartar. Boil until it forms a hard ball when dropped into cold water. Add a teaspoonful of vanilla and pour over the stiffly beaten whites of two eggs and beat until foamy. Drop from a spoon onto a greased paper or buttered plates, that have been spread with chopped nut meats. Press chopped meats over the top, mark off into squares, then set aside to cool. When cool dip into melted chocolate fondant or melted chocolate. These will be light and foamy in the inside and delicious to the taste.

NUT NOUGAT.

Three cups granulated sugar, three-fourths cup corn syrup, one-half cup water (just enough to dissolve sugar), whites of two eggs, two cups nuts (broken). Put sugar, syrup and water over the fire and stir until sugar is dissolved, let boil until the mixture forms a soft ball when dropped into cold water. When the mixture begins to thicken turn slowly into the beaten whites of two eggs, beating until thick. Add nuts (also raisins), and flavoring if desired.—Mrs. Allan F. Hunt, San Diego, Calif.

PANOCHE.

Set three cupfuls of brown sugar and one cupful of cream over the fire. When it comes to a boil, add a pinch of salt and a piece of butter the size of a walnut. Boil until it makes a soft ball in cold water. Remove from the fire and when cool (not cold) add one teaspoonful of vanilla and beat until it is creamy. Add one cup of nut meats and pour into a buttered pan.—Miss Sutherland, Tarkio, Mo.

PANOCHE.

Two cupfuls brown sugar, one cupful white sugar, one cupful milk, one cupful chopped walnuts, one-quarter cupful molasse, one tablespoonful butter, four tablespoonfuls chocolate, one teaspoonful vanilla, one saltspoonful salt. Let the sugar, milk, butter, salt and molasses come to a boil, then add the chocolate and nuts. Boil until it thickens, then add the vanilla. Remove it from the fire and stir and whip until it thickens. After placing on buttered tins to cool, mark in squares, cubes, diamonds or circles.—Miss Margarette A. Dermont, Williams, Ariz.

FLUFFY RUFFLES OR DIVINITY FUDGE.

Two cups sugar, one-half cup water, one-half cup corn syrup, pinch salt. Cook (without stirring) until it forms quite a hard ball in water, much harder than for fudge, but not brittle. Pour slowly into beaten whites of two eggs, stirring constantly until thick. Add teaspoonful of vanilla and last of all one pound chopped walnuts.—Mrs. J. C. Buckee, Jr.

CHAFING DISH

SALTED ALMONDS.

Half pound of almonds, tablespoon of butter or olive oil, salt. Shell, blanch and dry the almonds. Heat the butter or oil in the chafing dish, then add the almonds. Cook to a delicate brown. Shake the dish constantly and stir often to keep from burning. Drain the almonds and dry on soft paper, and then sprinkle with fine salt.—Contributed.

EGGS WITH ASPARAGUS.

Five eggs, one-half can of asparagus, one-half pint of milk, one tablespoonful of butter, two teaspoonfuls of flour, one-half teaspoonful of salt and a little pepper. Boil the milk, and stir in slowly the flour rubbed into the butter, salt and pepper; when creamy stir in the tips of asparagus; break in the eggs, and cook without stirring until they are set. Serve from the dish.

STEWED REED BIRDS.

Four Reed Birds, butter, salt, pepper, one-half cup rich stock, one teaspoon vinegar. Put into the chafing dish about two walnuts butter, or enough to float the birds. Season with salt and peper, and cook for six minutes, turning them frequently. Lay two birds on each slice of toast and pour over them a gravy made from the stock and vinegar. Serve hot.

CHICKEN CROQUETTES.

Four cups of minced chicken, one cup of bread crumbs, three eggs and drawn butter. Roll chicken, bread crumbs, eggs, seasoning (and enough drawn butter to moisten), into pear-shaped balls. Dip them into beaten eggs and bread crumbs. Put into the chafing dish with enough butter to fry a nice brown.

CREAMED CHICKEN.

Two cups cold chicken cut into small pieces, one cup of chicken stock, one cup of milk or cream, two tablespoonfuls of butter, one heaping tablespoonful of flour, salt and pepper. Cook the butter and flour together in the chafing dish. Add the stock and milk and stir until smooth. Put in the chicken, salt and pepper, and cook three minutes longer.

STEWED SOFT CLAMS.

One-half dozen large soft clams, one teaspoonful of butter, one-half point of boiled milk, one spoonful of cracker dust, salt and a dash of Cayenne pepper. Trim the rough parts from the clams. Put in the chafing dish the butter, and when quite hot add the boiled milk, cracker dust, salt and pepper. Simmer three minutes.

EGGS WITH CURRY.

Five eggs, one gill of milk, one tablespoonful of butter, one teaspoonful of curry powder, one-half teaspoonful of salt, one-half an onion. Rub inside of chafing dish with the onion and put in the butter. Beat the eggs and add the curry powder dissolved in milk. Turn all into the chafing dish and stir until smooth.

EGGS WITH CHEESE.

Six eggs, three tablespoonfuls of grated cheese, one large tablespoonful of butter, one teaspoonful of onion juice or choped onion, one tablespoonful of paprika, and a little salt. Mix the cheese, butter, onion, paprika and salt in the hot pan and stir until the cheese is melted. Break the eggs into a bowl, pour them into the cheese, reduce the flame of lamp, and stir until done. Stir in chopped parsley and serve with toast.

SCRAMBLED EGGS WITH OLIVES.

Five eggs, one tablespoonful of butter, one-fourth cup of milk, salt and pepper, one cup of olives cut into dice. Into the food pan, over boiling water put the butter. Turn in the eggs which have been beaten up with the milk. Stir in salt and pepper, and keep stirring occasionally until the eggs are creamy and firm. Then put out the flame and stir in the olives.

FROG SADDLES.

Frog's legs, three tablespoonfuls of butter, one gill of cream, pepper, salt and nutmeg. Melt the butter, stir the flour into it until smooth and add the cream. Then put in the legs, seasoned with pepper and salt. Cover and cook twenty minutes. A little more cream may be added while cooking, if necessary.

CREAMED HALIBUT.

One cupful of cold boiled halibut, two hard-boiled eggs, one cup and a half of milk, butter size of an egg, crumbs of flour crackers, catsup, salt, pepper. Shred the halibut with a fork; put the milk into the food pan with hot water below, and let it

come to a boil; add butter, walnut satsup, salt and pepper, then the cracker crumbs and lastly the halibut. Let it cook five minutes, then add the eggs chopped fine, and serve on a hot platter with bits of buttered toast.

LAMB CHOPS.

Small lamb chops, butter, salt. Rub inside of chafing dish with butter. Let it get very hot, so it will at once sear the chops and prevent the escape of the juices. Turn them often while cooking.

LAMB OR MUTTON CURRY.

One-half cup of butter, one-half teaspoonful of onion juice, one pint of lamb cut in dice, one small teaspoonful of curry powder. Brown together in the hot pan the butter, onion, pepper and salt; stir in the lamb and curry powder; stir well and add the cream; boil and serve with rice if possible.

LAMB WITH TOMATO.

One pint of lamb stock, one-half pint of tomatoes, chopped fine; one pint of cold lamb, cut in dice; one tablespoonful of butter, one teaspoonful of onion juice, white pepper and salt. Boil the stock, then add the butter, tabasco if convenient, pepper, salt, onion and tomato; boil and then put in the lamb, and simmer a few minutes.

CALF'S LIVER AND BACON.

Bacon, liver, flour and pepper. The bacon and liver should be cut in thin slices. Put the bacon in the chafing dish. When the fat is cooked out, draw the bacon to one side. After rolling in flour and peppering, put in the liver and cook until brown and tender, turning often. Serve a slice of bacon with each piece of liver.

CURRIED LOBSTER.

A pint each of lobster and weak soup stock, one teaspoonful finely minced onion, two teaspoonfuls of curry powder, one coffeespoonful of salt. Brown the onion in butter. Add the curry powder, stock and salt, and boil them together for five minutes. Then put in the lobster and serve as soon as heated through. Boiled rice should be served with this.

LOBSTER PATTIES.

The tail part of two boiled lobster cut into small pieces and seasoned well with salt and pepper and a little lemon juice, one pint of milk, one tablespoonful of flour, one large tablespoonful

of butter. In the chafing dish boil a pint of milk. Dissolve the flour in cold milk and add to the hot milk. When thick stir in gradually the butter, and allow it to become quite thick. Stir the lobster into the sauce, and when it has become hot, serve by filling the previously heated shells with the mixture.

MUSHROOMS WITH BACON.

One-half dozen slices nice English bacon, mushrooms—as many as you like. The bacon should be streaked with lean and fried in the usual ways. Just before it is done add mushrooms and fry them slowly. Serve hot as possible.

DEVILED MEAT.

Cold rare beef, or underdone mutton, or wings, drumsticks and sidebones of roast turkey, or large chicken may be used; one tablespoonful of butter, one teaspoonful of vinegar and one of Worcestershire sauce, one-half teaspoonful of made mustard, and a pinch of Cayenne. Make a sauce of the butter, vinegar, Worcestershire sauce, mustard and cayenne. Mix these thoroughly. Make cuts in the meat with a knife and rub this sauce into them. Rub the chafing dish with a little butter, heat it and grill the meat. Serve hot.

PLAIN OMELET.

Four eggs, four tablespoonfuls of milk, walnut of butter. Break the eggs into a bowl with the milk and whip thoroughly. Put the butter in the chafing dish, and when very hot run the eggs into it, allowing it to cook until thick. Use a thin-bladed knife to loosen it from the bottom, but do not stir. When done, carefully roll the edges over until all rolled up. Serve on a hot plate.

CREAMED OYSTERS.

One pint of milk, one-half tablespoonful of butter, one-half tablespoon of flour, one-half teaspoonful of salt, one pint of oysters, clove, nutmeg. When the milk boils, stir into it the butter into which the flour has been rubbed; season with clove and a slight grating of nutmeg, and salt; when creamy, add the oysters without their liquor; allow them to be just heated through, and serve on thin strips of buttered toast.

STEWED OYSTERS.

Two dozen good-sized oysters, one and one-half pints of milk, a walnut of butter, one-half teaspoonful of salt and dash of white pepper. Boil the milk in the chafing dish. Add the

oysters, butter, salt and pepper. Allow it to just come to a boil, then serve. Above is sufficient for four.

SMOTHERED OYSTER IN CHAFING DISH.

Put tablespoon butter in chafing dish, salt and pepper, add pint drained oysters; cover and cook five minutes, serve on toasted crackers. Fricasseed oysters may be prepared in this way by adding one-half cup cream, one teaspoon lemon juice and one beaten egg.—Mrs. A. O. Wheeler, Manistee, Mich.

CREAMED POTATOES.

One pint cold potatoes cut in cubes or thin slices, milk, one tablespoonful of butter, one-half teaspoonful of pepper, chopped parsley. Put the potatoes in the chafing dish and cover with milk, and cook until the milk is absorbed. Then add the butter, salt, pepper and parsley. Stir a few moments and serve.

LYONNAISE POTATOES.

One tablespoonful of butter, one onion chopped fine, twelve cold boiled potatoes, cut into dice; parsley, salt, pepper. To the butter and onions add the potatoes, and stir quickly over the open flame for five minutes, taking care they do not stick to the pan; season with salt and pepper, add chopped parsley, drain and serve.—Mrs. Dermont, Williams, Ariz.

WELSH RAREBIT.

One pound chopped American cheese, yolk of an egg, one teaspoonful of dry mustard, one teaspoonful of Worcestershire sauce and butter, a dash of red and one or two of black pepper, and a few drops of tabasco. If the cheese is fresh, salt the above. Into the chafing dish put a few small lumps of butter. After it has simmered a bit put in the cheese. Stir constantly. When the cheese is well blended stir in above condiments prepared as follows: To the yolk of the egg, broken into a cup, add the dry mustard and Worcestershire sauce, red and black pepper and tabasco. Let it have one more heating and pour over toast or toasted biscuit.

WELSH RAREBIT.

One-half pound cheese cut in cubes, two eggs (beaten), three tablespoons milk, salt and pepper to taste. Cook quickly in chafing dish with small piece butter in same. Serve on toast.—Miss Blanche Parsons, Saginaw, Mich.

RINKTUM DITTY.

Two tablespoons butter (melt in pan), one cup tomato soup (add to butter), one-fourth teaspoon soda, one cup cream, one-half pound American chees. Have cheese well melted with other mixture, add three well beaten eggs, season with peppr, salt and paprika. Srve on salt crackers.—Miss Leatto Thompson, Los Annmas, Colo.

PAN ROAST.

One dozen large oysters, one-half pint of oyster liquor, one tablespoonful of butter, salt and pepper. Melt the butter in the chafing dish, and as it creams add the oysters, liquor, salt and pepper. Cover and cook about two minutes. Put six of the oysters on a thin slice of toast, with sufficient liquid to moisten the toast, and serve.

SARDINES ON TOAST.

One dozen sardines, one tablespoonful of butter, two teaspoonfuls of anchovy paste, one tablespoonful of Sauterne and a little tabasco. Drain and remove the skins of the sardines; put in the butter, anchovy paste, tabasco and Sauterne; lay in the sardines carefully, and when well heated through, serve each on a tiny strip of toast.

SWEETBREADS WITH PEAS.

Can of peas, three small sweetbreads, one teaspoonful of butter, one-half pint of stock broth, celery leaf, salt, white pepper, one-half teaspoonful of brown flour. Stand the sweetbreads in cold water for an hour; then parboil and remove rough edges, membranes, sinews, etc. Put in cold water and keep in ice until wanted. Put into the chafing dish the butter and the sweetbreads. When the butter has been absorbed add one-half pint of stock and the celery leaf, chopped fine, the salt, pepper and browned flour. Turn the sweetbreads. When the same is reduced one-half it is ready. When cooking, open a can of green peas. Warm thoroughly in the chafing dish. Put in salt, pepper, and a tablespoonful of butter. Serve peas and sweetbreads together.

BROOK TROUT.

Brook trout, two tablespoonfuls of butter, flour, lemon. Clean the fish carefully and dredge with flour. Put the butter in the chafing dish, and when hot lay in the trout and fry to a nice brown. Serve as soon as done, with sprigs of green or slices of lemon as a garniture. No salt will be needed when fried in butter.

RECHAUFFE OF TURKEY.

Sauce made of a tablespoonful of butter and one of flour, and one-half pint of stock made from the turkey bones; small slices of turkey, pepper, salt. Warm the turkey in the sauce, and when it is heated through, season with the pepper, salt, and cook two minutes longer.

LOBSTER A LA NEWBURGH.

One large lobster; one pint sweet cream; one tablespoonful butter; two tablespoonfuls flour.

First boil the lobster for twenty minutes. Then pick it out in small pieces. Pour over it the cream and add the butter and flour which have been rolled together. Warm in a chafing dish and stir gently while warming.

Mistress—"Bridget, have you ever made a lobster a la Newburgh?"
Bridget—"No, mum; I niver worruked further up th' Hoodson than Nyack."

CHEESE

BAKED CHEESE.

One-half cup grated cheese, one egg, three-fourth cup milk. Stir all together. Season with salt and little cayenne. Bake quickly and serve as soon as it is done before it falls. About ten minutes should be long enough to bake. Serve with pie. —Mrs. A. O. Wheeler, Manistee, Mich.

BAKED SWISS CHEESE.

One tablespoonful melted butter in baking dish, cover bottom of dish with thin slices of Swiss cheese, put in four well beaten eggs, sprinkle with pepper and salt, pour four tablespoonfuls sweet cream over this, sprinkle with grated Swiss cheese. Bake to a delicate brown. Serve hot.—Mrs. Wm. F. Dermout, Williams, Ariz.

CHEESE BALLS.

One cup grated cheese, white of one egg, beaten, one teaspoonful of flour, a little salt and red pepper. Roll in balls, dip in cracker crumbs, fry in hot lard. To be eaten as soon as they come out of the lard.—Mrs. Bertha Gibson, Manistee, Mich.

COTTAGE CHEESE.

Heat sour milk until the whey rises to the top, pour off the wey, put curd in a bag and let it drip for six hours without squeezing it. Put it in a wooden bowl, chop fine with a wooden spoon, salt to taste, and work to the consistency of soft butter, adding a little cream and butter as you proceed, mold into balls or as you choose. Keep in a cool place.—Mrs. W. D. Finney, Williams, Ariz.

COTTAGE CHEESE OR SCHMIER KASE.

Take three gallons of fresh clabber milk and let it come to a boiling point, drain off curds into a sack and let it hang until all whey has drained off. Then remove from sack into dish and salt, pepper to taste. Add good rich cream.—Mrs. Wm. Kay, Williams, Ariz.

COTTAGE CHEESE PIE.

One and one-half cups dry Cottage cheese, one-half cup sugar, three eggs, little lemon juice, one teaspoon melted

butter or cream. Press cheese through a colander, beat the egg until light and smooth, add other ingrediants, one teaspoon flour. Use one crust.—Mrs. Fred W. Sisson, Oak Creek Canyon, Ariz.

CHEESE DREAMS.

Cut bakers bread in squares after slicing rather thick and between each lay a thick slice of American cheese. Dust these with a little salt and cayenne. Put in hot chafing dish, one tablespoon butter, when it bubbles lay in two or three sandwiches, when the bread is well browned and cheese melted. Serve on hot dishes.—J. W. Baylis, Williams, Ariz.

CHEESE STRAWS.

One cup good cheese, grated, one one-half cups flour, pinch salt, three tablespoons melted butter, dash of cayenne pepper, milk enough to make right consistency to role. Work together thoroughly but do not handle more than necessary. Role thin as pastry, cut in strips three-quarter inch wide about eight inches long, bake in oven at bread heat, light brown. Makes three dozen straws.—Mrs. T. A. Barney, New Haven, Conn.

CHEESE SOUFFLE.

Three tablespoonfuls butter, two tablespoonfuls flour, one-half teaspoonful salt, one-quarter teaspoonful paprika ,one-half cupful milk, yolks of three eggs and whites of two, one cupful grated cheese. Blend butter and flour, add salt, paprika minutes. Serve immediately.—Mrs. I. E. Pollock, Flagstaff,

CHEESE STRAWS.

Sift together one-fourth cup corn starch, three-fourths cup flour, add one-fourth teaspoonful baking powder, one-half teaspoonful salt, three-fourths cup grated cheese, five tablespoonfuls soft butter, a dash of paprika, and one unbeaten egg. Mix all together, and add enough milk or water to make a very stiff dough. Knead well by folding it over and over so as to make layers, as in pastry baking. Roll out dough into three-fourth inch sheet, squaring up edges with knife, and cut into strips four or five inches long, one-half inch wide, lay on a greased pan and bake in a moderate oven until golden brown. Nice to serve with salads.

FOR CHEESE CAKES.

Have a nice pastry crust and use it to line large or small tins, but this time do not bake, until the filling is added. Have ready two cupfuls of cottage cheese, add a cupful of sugar, a piece of butter the size of a walnut, two eggs and a little cinnamon or nutmeg. Beat well together, pour into the crust and bake golden brown. These are good, either hot or cold.—Mrs. A. D. Wheeler, Manistee, Mich.

POTTED CHEESE.

One pound of grated cheese, one-half cupful of cream, one tablespoonful of butter, one-fourth teaspoonful of mustard, one-half teaspoonful of salt. It is well to use for this dish any dry or stale pieces of cheese, and cayenne pepper is a little better than the ordinary pepper. Put all the ingredients in a bowl and set the bowl in a dish of hot water on the fire. Beat the mixture until it becomes smooth; then put in jars and seal them carefully. The cheese may be used as soon as it is made, but it will keep for some time.

CONDIMENTS

SALTED ALMONDS.

Shell hull and halve your almonds. Have pot of hot lard or oil ready. Put in almonds just moment to heat through. Remove on paper, and salt while warm.—Contributed, Grand Rapids, Mich.

SALTED ALMONDS.

Shell and blanch number almonds needed. Put in pan in over to dry out. Add sufficient butter to brown nicely. Remove from oven and pan, placing on clean paper to absorb extra butter, salt to taste. Many prefer cooking on top of range instead of in the oven.—Mrs. Dermout, Williams, Ariz.

PARSLEY BUTTER.

One teaspoon minced parsley, one tablespoon butter, one teaspoon lemon juice, salt and pepper. Rub the butter to a cream, and salt and pepper, work in the lemon juice, mix in parsley. Delicious with fish.—Mrs. D. J. Brannen, Los Angeles, Cal.

APPLE CATSUP.

A farmer's wife who says that she has tried it, declares that just as good catsup can be made from apples as from tomatoes. Cook the apples until tender and then make the catsup after the recipe for tomato catsup.—Contributed.

GRAPE CATSUP.

Five pounds ripe grapes, two one-half pounds sugar, one pint vinegar, one tablespoon cinnamon, one tablespoon cloves, one tablespoon allspice, one tablespoon pepper, one tablespon salt. Boil grapes in enough water to prevent burning, strain through collander, add spice, boil till it thickens a little. Bottle and seal.—Mrs. Geo. A. Cole, Middletown, Conn.

ORIENTAL CANAPES.

Take some lobster or crab meat and pound in a mortar. Mix with one tablespoonful of butter, season with pepper and salt, a pinch each of mustard, cayenne, nutmeg and curry powder and moisten with lemon juice. Cut small rounds of toasted bread, scoop out the center of same, fill with the mixture and cover with a curry sauce. Sprinkle with hard

bread crumbs, and let bake in the oven a few minutes. Serve hot. Garnish with parsley or water cress.

Curry Sauce for Above.

One tablespooful butter, one tablespoon flour, one teaspoonful curry powder, one large slice onion, one large cupful stock, salt and pepper to taste, cut the onion fine and fry brown in the butter. Add flour and curry powder, stir, add the stock. Simmer ten minutes, then strain.—Mrs. Geo. B. McLellan, Philippine Islands.

CHEESE FOR CANAPE.

Take a little Roquefort cheese and a little Neufchatel cheese, a little butter and pinch of salt, add Saprica Sepper, mix well, add a little anchovy sauce and a little olive oil, and fine chopped olives.—S. O. Delagard, Fred Harvey System.

CANAPES.

These are small portions of bread covered with simple compound mixture of fish, meat, eggs, cheese, etc., seasoned highly and served as a first course to tempt the jaded appetite. Cut either white, graham, rye or brown bread in one-fourth inch slices and then in oblongs, triangles, rings, circles, crescent or diamond shape some acceptable combinations.

No. 1. Equal portions mashed sardines and hard boiled yolks. Season with lemon juice, pile in center of bread with minced whites around it, lay slices of pickle across diagonally.

No. 2. Spread with mustard, grated cheese and a thin slice of pimala or a border of chipped green apples.

No. 3. Creamed butter, minced water cress, lemon juice, minced lobster or crab meat or a layer of caviar or anchovy paste.

No. 4. Minced ham or tonque made into paste with creamed butter and mustard. Garnish with minced olives or pickles, or slices of cucumbers.

Raw Oysters. Serve from 4 to 6 in the shell on fine chipped ice.

Sauce. Mix two tablespons each, horse radish, lemon juice, tomato catsup, one teaspoon salt.—Contributed.

OLD ENGLISH RECIPE FOR MUSHROOM CATSUP.

Two quarts mushrooms, one-quarter pound of salt, lay in an earthenware pan in alternate layers of mushrooms and salt, let them lay six hours then break into bits. Set in a

cool place three days, stirring thoroughly every morning. Measure the juice when you have strained it and to every quart allow half an ounce of allspice, the same quantity of ginger, half a teaspoon of powdered mace, a teaspoon of cayenne. Put into a stone jar cover closely, set in a sauce pan of boiling water over the fire and boil five hours hard. Take it off and empty into a porcelain kettle and boil slowly half an hour longer. Let it stand all night in a cool place until settled and clear. Pour off carefully from the sediment and bottle, filling the bottle to the mouth.—Wm. Kay, Williams, Ariz.

KETCHUP.

Two quarts tomatoes, one cup, chopped onions, four tablespoons sugar, two tablespoons salt, two tablespoons ginger. cloves, cinnamon, one quart vinegar. Boil down until thick. —Mrs. L. Thomas recipe, from Mrs. Fred W. Sisson, Oak Creek Canyon, Lohomai Lodge.

SALTED PECANS.

Procure fresh shelled pecans. Put required number in a dripping pan in the oven with butter enough to brown nicely. Remove from oven and pan, placing on piece of brown paper until surplus butter is absorbed. Salt to taste and serve just a little warm. Will keep, but always re-heat before serving.—Mrs. Dermout, Williams, Ariz.

SUNSHINE RELISH.

Six pounds crab apples, quartered and cored and cut each quarter in half, six pounds sugar, two pounds raisins, two oranges chopped, one pint vinegar, one teaspoonful cloves, three teaspoonfuls cloves, three teaspoonfuls cinnamon (put in bag). Put sugar, vinegar and spices together, and then let boil, then add the other ingredients and boil twenty minutes.—Mrs. Don Reed, Harper, Kans.

COLD RELISH.

Eight quarts ripe tomatoes, six large onions, two cups chopped celery, three red peppers, one pound brown sugar, one quart vinegar, two ounces mustard seed, one ounce ground cinnamon, one cup salt. Chop tomatoes and drain through colander. Chop all and mix. Do not cook. Put in fruit jars.—Mrs. E. H. Ayer, Detroit, Mich.

TOMATO RELISH.

Chop fine equal parts ripe tomatoes and celery, small onion, salt and pepper to taste, also sugar and vinegar to taste. Serve with meats.—Mrs. A. D. Lebsch, Williams, Ariz.

TOMATO RELISH.

Tomatoes one package, celery two cups, six large onions, two green peppers, two cups sugar, one-half cup salt, two ounces white mustard seed, one quart vinegar. Peel tomatoes, chop fine and drain over night in a jelly bag, chop onions, celery and pepper fine. Mix well and bottle. Does not require beating. Seal with parafine.—Mrs. T. E. Pollock, Flagstaff, Ariz.

CELERY SAUCE.

Chop six heads of celery and three heads of cauliflower, (soak cauliflower in brine overnight) and three red peppers very fine. Mix eight tablespoons flour, one-quarter pound mustard, one ounce tumeric powder with one and one-half gallons vinegar, add chopped vegetables and boil one hour. Bottle like catsup.—Mrs. E. H. Ayer, Detroit, Mich.

SAUCE TARTARE.

To mayonaise dressing made with one cup olive oil, add one or two tablespoons each, chopped olives, capers, gherkins. parsley and a little finely chopped onions.—Mrs. Geo. Barney, Williams, Ariz.

Mrs Grant Pickle Lilly

½ peck green tomatoes
1 head Cabbage
6 green peppers
1 Doz cucumbers
6 onions -
½ pound brown sugar
1 tablespoon black pepper.
1 " " celery seed
1 " " cinnamon
1 " " white mustard seed
(chop fine let stand over night - then drain off the water and cook in vinegar until tender.

Chili Sauce.

12 large tomatoes
4 ripe or 3 green peppers
2 large onions
2 tablespoons salt
2 " " sugar
2 " " cinnamon
3 cups vinegar
Chop fine. Boil 1½ hours.

COOKIES

AUSTRALIAN DATE CAKE, OR COOKIES.

Three cups flour, one small cup sugar, one-half pound butter, one teaspoon cream tartar, one-half teaspoon soda, two eggs, a little milk. Mix and roll as for cookies; place a seeded date (flattened) on each cooky and fold edges over. If preferred, dates may be chopped and added to dough.—Mrs. C. F. Philbrook, Bisbee, Ariz.

COOKIES.

One cup sugar and one-half cup butter beaten together; add two eggs, one-half cup milk, two teaspoons baking powder, one-half cup each raisins, currants and figs chopped, add flour enough to roll out. Bake in moderate oven.—Mrs. E. S. Marez, Bisbee, Ariz.

COOKIES.

One-fourth cup blanched almonds chopped fine, one-half cup of hard butter (free from salt), one-fourth cup sugar, three yolks of hard boiled eggs finely mashed, one raw egg, one-half cup of flour, one teaspoon of baking powder. Mix all together stiff enough to roll out, cut, sprinkle with sugar and bake in moderate oven.—Mrs. J. Salzman, Los Angeles, Calif.

COOKIES WITHOUT EGGS.

One cup of lard, two cups granulated sugar, one cup sour milk, one teaspoon soda; flour sufficient to make stiff enough to roll, nutmeg. Roll thin and bake.—Mrs. E. H. Ayer, Detroit, Mich.

COOKIES.

One cug sugar, two eggs, one cup sour milk, one teaspoon soda, one nutmeg, flour sufficient to roll out.—Mrs. W. Patterson, Williams, Ariz.

COOKIES.

Two cups sugar, three-fourth cup butter, one cup milk, one-half nutmeg, three eggs, yolks and whites beaten separately. one quart flour, three teaspoons baking powder. Tried many times and proven good.—Mrs. Mary McLeib, Anaheim, Calif.

COOKIES.

Two cups sugar, add two eggs and beat well, one cup butter and beat well again, stir one teaspoon soda in one cup of sour milk and add to the mixture enough flour to make a soft dough. Roll thin and bake in hot oven.—Mrs. K. Wisehart, Flagstaff, Ariz.

COOKIES.

Three eggs, one cup of sugar, one tablespoon of sweet milk, nutmeg or other flavoring to taste, one tablespoon of butter. Add flour to make stiff dough, roll and bake in hot oven.—Mrs. Wm. Kay. Williams, Ariz.

COOKIES.

Two cups of sugar, one cup of butter, one cup of sour milk, two eggs, one teaspoon soda, flavor with nutmeg; mix soft, roll thin, sprinkle with sugar. Bake in a quick oven.—Mrs. A. R. Kilgore, Seattle, Wash.

COOKIES.

Two cups of sugar, one-half cup of lard, one-half cup of butter, one cup of sour milk, one teaspoon of soda, one grated nutmeg. Flour enough to roll out nicely.—Mrs. W. Patterson, Williams, Ariz.

ALMOND COOKIES.

Two cups sugar, one cup butter, three eggs, one pound chpoped almonds (do not blanch), saving out one-quarter pound for top, one-quarter cup milk (sweet), one teaspoon baking powder, enough flour to roll out, vanilla. Roll thin, cut with heart-shaped cutter; moisten top with beaten yolk and milk. Sprinkle the reserve one-quarter pounds almonds over them and lastly dust with sugar. Will keep six months. —Mrs. L. E. Morris, Manistee, Mich.

CHOCOLATE COOKIES.

One cup sugar, one and one-half squares Baker's chocolate, two teaspoons baking powder, eight teaspoons butter, one-quarter teaspoon salt, one-quarter cup milk, two and one-quarter cups flour, one egg. Cream the butter, add the sugar gradually, egg beaten well, salt and chocolate melted. Sift baking powder and flour together.—Mrs. Richardson, Los Angeles, Calif.

CHOCOLATE COOKIES.

Two cups sugar, three and one-quarter cups flour, two-thirds cup milk, three teaspoons baking powder, one teaspoon va-

nilla, two eggs, two small squares chocolate melted with one-half cup butter. Drop on tins to bake.—Miss Carrie W. Schoff, Maine, Ariz.

CHOCOLATE COOKIES.

One teacup sugar, one-half teacup butter, one square chocolate, one teacup of milk, two eggs, two teaspoonfuls baking powder and flour enough to mix stiff. Drop in tins.—Mrs. James Dalton, Williams, Ariz.

CHOCOLATE DROPS.

One cup sugar, one-half cup butter, one cup milk, two eggs, one square of chocolate, one teaspoonful baking powder, one one-half cups flour.—Mrs. Jas. A. Johnson, Williams, Ariz.

CREAM COOKIES.

Two cups granulated sugar, one cupful butter, four beaten eggs, one-half cupful milk, six cupfuls flour, three teaspoonfuls baking powder, salt. Cream butter and sugar, add beaten eggs then milk, sift baking powder and salt into the flour, mix flour into creamed butter. Put little flour on baking board, roll out thin, cut small, brush with white of an egg, place half an almond on each cookie. Bake quickly in pans on oiled paper.—Mrs. Charlotte Wickstrom, Hartford, Conn.

CREAM COOKIES.

One cup butter, one cup sugar, two eggs, one-half cup sweet milk, two teaspoons baking powder, vanilla, sufficient flour to roll nicely. Cream sugar and butter, add eggs, milk, flour, baking powder and flavoring. Roll and cut with fancy cookie cutter and over the top sprinkle sugar and chopped almonds.—Mrs. A. F. Johnson, Williams, Ariz.

ENGLISH COOKIES.

Cream together two cups C. sugar and one cup Cottolene. two eggs well beaten, one teaspoon soda, three cups flour, spice to suit taste, one cup chopped raisins and nuts. Drop from spoon into greased pan two inches apart. Use all of the flour.—Mrs. Aphold, Hawaiian Islands.

FRUIT COOKIES.

Two cups of brown sugar, one cup of shorting, (butter and lard), two eggs, one cup of sour milk, one teaspoon of

soda, one teaspoon of cinnamon, one-half teaspoon of cloves, one cup of chopped raisins, one cup of chopped walnuts and flour to mix soft.—Mrs. Rose L. Hicks, Williams, Ariz.

GINGER COOKIES.

One and one-half cups of molasses, one cup of sugar, one cup lard, one cup sour milk, two eggs, one tablespoonful vinegar, a little salt, one teaspoonful ginger, one small teaspoon of soda in milk. Flour enough to mix soft. Bake in hot oven.—Mrs. Jas. A. Johnson, Williams, Ariz.

GINGER COOKIES.

One cup sugar, one cup molasses, one cup shortening or butter, three-fourths cup hot coffee, one tablespoon ginger, one teaspoon allspice, two eggs, flour enough to stiffen, roll thin and bake in hot oven.—Mrs. John Baumgartner, Williams, Ariz.

GINGER COOKIES.

One cup sugar, one cup molasses, one cup sour milk, one cup butter, one tablespoon ginger, (not heaping,) one level tablespoon soda, one-half tablespoon cloves, one-half tablespoon cinnamon, five cups flour, drop from spoon and bake quickly.—Mrs. McDonald Robinson, Williams, Ariz.

GINGER SNAPS.

Boil one pint of molasses. When cooled to milk-warm, beat into it one beaten egg and one teacup butter and lard, mixed and melted. Add two tablespoons ginger, then work in one teaspoonful soda dissolved in a tablespoonful hot water and enough sifted flour to enable you to roll out the dough easily. It must be rolled wafer thin, the snaps stamped out and baked quickly. Remove carefully from the pan and lay on sheets of paper until cold and crispy.—Mrs. Wm. F. Dermout, Williams, Ariz.

GINGER SNAPS.

Two cups molasses, one cup shortening, one tablespoonful each of ginger and soda; flour enough to roll rather stiff. Bake in hot oven.—Mrs. C. M. Glowner, Williams, Ariz.

GINGER SNAPS.

One cup sugar, one cup molasses, two-third cup lard, two-third cup water, one teaspoonful each of ginger and soda. Have the lard and water hot. Flour enough to roll stiff.—Mrs. J. Selman, Williams, Ariz.

GINGER SNAPS.

One cup molasses, one cup sugar, one cup Cottolene, three fourths cup boiling water, one tablespoon soda, pinch of salt, two tablespoons ginger. Flour enough to roll out. Bake in moderate oven.—Mrs. Ed Duboise, Terlock, Calif.

GINGER SNAPS.

One-quarter cup each, of butter, sugar and molasses, one quarter tablespoon ginger, one-quarter teaspoon soda, and one and one-quarter cups flour. Cream the butter and sugar, add the molasses and then the ginger, the soda and flour. Beat the mixture briskly, roll out thin on a floured board, cut with cooky cutter and bake in a quick oven.—Mrs. Roy Perkins, Williams, Ariz.

HERMIT COOKIES.

One cup butter, one and one half cups sugar, one and one-half cups chopped raisins, three eggs. One teaspoon soda in one tablespoon sweet milk; flour to roll very stiff. Roll thin and bake quickly.—Mrs. S. T. Elliott, Kingman, Ariz.

HERMIT COOKIES.

Two cups of brown sugar, two-thrid cup of lard and butter, two eggs, one nutmeg, cloves and cinnamon, one cup of hot water, one-half teaspoon soda, one teaspoon baking powder, one cup chopped walnuts, one cup of chopped raisins, three cups of flour.—Mrs. Albert S. Lebsch, Williams, Ariz.

LEMON COOKIES.

Two eggs, one-half cup butter, scant; one cup water or milk, one cup sugar, one teaspoonful lemon juice, two teaspoons baking powder, sifted with the flour, a little nutmeg, mix soft and roll thin. Sprinkle sugar on top of each. Almonds can also be used.—Mrs. J. Eetman, Williams, Ariz.

MOLASSES COOKIES.

One cup New Orleans molasses, one-half cup lard, three-quarter cup boiling water poured over; one heaping teaspoon soda, one pinch salt, one tablespoon ginger. Mix with flour, soft as possible, and roll.—Mrs. Chas. Wade, Williams, Ariz.

OAT MEAL COOKIES.

Three cups oat meal, two cups flour, one and one-half cups sugar, one cup butter, one cup raisins chopped, four table spoons sweet milk, one teaspoon cinnamon, one teaspoon soda,

one teaspoon baking powder, two eggs. Add chopped nut meats if you wish, as they greatly improve. These are very fine.—Mrs. Henskey, Mulligan, Mich.

OAT MEAL COOKIES.

One-quarter cupful granulated sugar, one tablespoonful butter, one beaten egg, one and one-half cupfuls Quaker oats, one-half teaspoonful baking powder, one quarter teaspoonful salt. Cream sugar and butter, add the beaten egg. Stir baking powder and salt in the oatmeal, and add this to the sugar, butter and egg. Mix lightly and drop one teaspoonful in a greased pan. Bake quickly in a hot oven.—Miss Charlotte Wickstrom, Hartford, Conn.

OAT MEAL COOKIES.

One cup of sugar, one-half cup of butter and lard mixed, one half cup of sour milk with one half teaspoon of soda, two eggs, three cups of oat meal and enough white flour to roll. Bake in quick oven.—Mrs. Jatrick Johnston, Williams, Ariz.

OAT MEAL COOKIES.

Two cups sugar, one cup shortening (half butter and lard), one cup sweet milk, one-half teaspoon salt, one and one-half teaspoons cinnamon, one teaspoon soda, three eggs, two cups raisins, one cup nuts, four cups oat meal (chopped fine), three cups flour. Drop from teaspoon on to greased pan.—Mrs. Clarence J. Spellmire, Winslow, Ariz.

OAT MEAL COOKIES.

One cup lard or butter, one cup of sugar, two cups rolled oats, two eggs, four tablespoons sour milk, three-quarter teaspoon soda, one teaspoon cinnamon, one-half teaspoon salt, two cups flour, one cup raisins. Drop from spoon on buttered paper.—Mrs. H. C. Saunders, Williams, Ariz.

OAT MEAL COOKIES.

Two cups sugar, one cup lard, three eggs, three cups milk, one cup raisins, one teaspoon cinnamon, two cups oatmeal, little flour, two spoons baking powder.—Mrs. James Dalton, Williams, Ariz.

OAT MEAL COOKIES.

Two cups of granulated sugar, one cup of butter, four eggs, two cups of raisins chopped fine, four cups of oat meal, heaping teaspoon of cinnamon, four cups of flour, teaspoonful

of soda, dissolve soda in just a little hot water. Roll thin and bake in quick oven.—Mrs. Langston, Monroe, Mich.

OAT MEAL COOKIES.

Two one-half cups H. O., oatmeal, two eggs, one tablespoon melted butter, one cup granulated sugar, one teaspoon vanilla, two teaspoons baking powder, pinch salt, mix dry ingredients together, add beaten egg and butter. Drop teaspoonful in a place two inches apart on buttered tin. Bake in slow oven.—Mrs. E. M. Victor, New York.

OAT MEAL COOKIES.

One cup of sugar, three one-half cups oat meal, one one-half cups flour, one cup boiling water, one teaspoon soda, one teaspoon salt, one cup lard. Roll thin and bake.—Mrs. E. H. Ayer, Detroit, Mich.

OAT MEAL NUT COOKIES.

Two cups rolled oats in one cup sour milk while preparing, two eggs, one cup sugar, one scant cup Cottolene, two cups flour, one teaspoon of soda, one cup currants or raisins, one cup nut meats. Bake in greased gem pans in quick oven.—Mrs. J. F. Daggs, Williams, Ariz.

OAT MEAL COOKIES.

Two eggs well beaten, three-quarter cup of butter, one teaspoonful of soda dissolved in three-quarter cup of sour milk, two cups quaker oats, fluor to roll out, roll very thin. Cook one pound dates and one cup of sugar together and when nearly cool, spread between two cookies and bake.—Mrs. Tefft, Anacortes, Wash.

OAT MEAL COOKIES.

Two teacups sugar, one teacup lard or Cottolene, three eggs, one teaspoonful cinnamon, three teacups milk (sweet milk), one teaspoonful baking soda, one teacup raisins, two teacups oat meal. Flour to mix stiff and drop in dripping pan and bake.—Mrs. James Dalton, Williams, Ariz.

PEANUT COOKIES.

One tablespoon butter, one-half teaspoon baking powder, two tablespoons sugar, one-half teaspoon salt, two tablespoons milk, one-half cup finely chopped peanuts, one egg well beaten, one-half cup flour, cream the butter, add sugar milk and eggs. Sift together thoroughly the flour, baking powder and salt,

and add to the mixture, then add peanuts. Drop by teaspoonfuls on an unbuttered tin one-half inch apart; place one-half peanut on each and bake in slow oven.—Mrs. Finney, Williams, Ariz.

PEANUT COOKIES.

One tablespoon butter, four tablespoons sugar, one egg, cream together, mix two-third cup flour with one-half teaspoon baking powder, salt, add one pint chopped peanuts, (saving out a few to sprinkle on top). Stir all together with four tablespoons milk. Drop on buttered tins and bake quickly. Makes twenty-five cookies.—Mrs. T. A. Barney, New Haven, Conn.

PLAIN COOKIES.

Add one cup sugar, one large tablespoon butter and one of lard, three eggs, one cup milk, two teaspoons baking powder, one and one-half teaspoons lemon extract; flour enough to mix soft.—Mrs. Emerson, Williams, Ariz.

1831 SEED COOKIES.

One pound flour, two cups sugar, one cup of butter, one cup of milk in which has been dissolved one small spoon soda, one tablespoonful of cinnamon and a generous quantity of caraway seed. Very good.

SOUR MILK COOKIES.

Two cups sugar, one-half cup of lard, one-half cup of butter, three eggs, one cup sour milk, one-half teaspoon soda dissolved in teaspoonful hot water, one teaspoon baking powder, one teaspoon nutmeg, enough flour for thin dough. Roll thin. Bake in quick oven.—Mrs. Albert Lebsch, Williams, Ariz.

SOUR CREAM COOKIES.

One egg, one-half cup sour cream, one and one-half cups sugar. Beat egg well, add milk to egg, one cup butter, three cups flour, flavoring, roll thin.—Miss Lela Morrison, Los Angeles, Calif.

CHOCOLATE SPICE COOKIES.

One cup sugar, one teaspoon cinnamon, one-half cup butter, six tablespoon cocoa, three cups flour, two teaspoons baking powder, three eggs. Place cinnamon, butter and sugar in dish and cream. Then add well beaten whites. Sift flour, cocoa, and baking powder into mixture, making soft dough. Turn out on board, cut in squares, bake in moderate oven. Delicious.—Contributed.

SUGAR COOKIES.

One-half cup butter, one cup sugar, one-half cup sweet milk, two teaspoons baking powder, vanilla, enough flour to roll nicely, one egg. Cream butter and sugar, add egg, then milk, flour, baking powder and flavoring. Roll, sprinkle with sugar and roll slightly again. Cut and bake in hot oven.—Mrs. A. F. Johnson, Williams, Ariz.

SUGAR COOKIES.

Two cupfuls sugar, one cupful butter, two eggs, four tablespoonfuls sour milk, one tablespoonful soda, flavor with nutmeg or cinnamon, add two cupfuls flour and roll. Sprinkle with sugar and roll again lightly.—Mrs. C. M. Wolfe, Williams, Ariz.

SUGAR COOKIES.

Two eggs, one cupful sugar, one cupful shortening, two-third cup sweet milk, two teaspoonfuls baking powder sifted in the flour. Flavor with vanilla.—Mrs. James L. Wade, Williams, Ariz.

SUGAR COOKIES.

Two cups granulated sugar, one cup shortening, two eggs, one one-half teaspoons baking powder, one-half teaspoons soda, sifted with flour enough to mix soft, one-half cup cold water. Flavor.—Mrs. Geo. W. Glowner, Williams, Ariz.

SUGAR COOKIES.

One and one-half cups brown sugar, three cups flour, one scant cup butter, three eggs, two teaspoons of baking powder, flavoring. Put baking powder into flour and mix with sugar and add butter. Beat the white and yolks separately, then add eggs and flavoring last.—Helen J. Stark, Saginaw, Mich.

WHITE COOKIES.

Two cups sugar, one cup sour cream, three eggs, one cup butter, one teaspoon soda, season with lemon. Mix soft, roll thin, sift over with granulated sugar. Bake quickly.—Mrs. W. R. Hall, Manistee, Mich.

CROQUETTES

CROQUETTES.

To one pound finely chopped cold meat add one small onion, pepper, salt, and a little more than one tablespoonful flour, one cup of gravy or water. Let cook till thick. Put away till cold. Form into balls, dip in egg and crumbs. Fry in plenty of hot grease. Especially good for cold mutton—Mrs. Thomas Maddock, Williams, Ariz.

BEEF AND RICE CROQUETTES.

Two cups finely chopped meat, two cups fresh boiled rice, salt, pepper, onion juice, a little nutmeg and chopped parsley. Add the rice to the meat, put in seasoning, shape into croquettes, dip in beaten egg, roll in bread crumbs and fry in hot lard.—Mrs. William Hayward, Los Angeles, Cal.

CHICKEN CROQUETTES.

One pint of chicken chopped fine, mix with a sauce made as follows: Three tablespoons flour, three tablespoons melted butter, one tablespoon parsley, one-half tablespoons onion juice, a little black pepper and salt. Stir well together one cup warm chicken broth and one-half cup of milk, cook until smooth. Let this cool, and then mix with chicken. Shape this into croquettes—a tablespoon of this mixture makes one croquette. Let stand awhile, dip into beaten egg, then into dry bread or cracker crumbs and fry in hot fat. Dry on paper and serve hot.—Miss Berth Peet, Monticello, Ind.

CHICKEN CROQUETTES.

Boil one good sized chicken until tender, when cold take all the meat from bones and chop or grind it with one can of mushrooms. Soak one-half pound of bread crumbs in one and one-half pint of the chicken broth. Add one-fourth pound of butter, one teaspoon of chopped onion and four eggs mix all together and cook. Season with celery seed, salt and pepper and chopped parsley. When cool shape the croquettes into pears with a whole clove for the stem (added after cooking) and drop into boiling lard enough to cover them. A small piece of fresh lean boiled pork may be used instead of the mushrooms or one cup of sweetbreads.—Mrs. K. W. Williams, Cynthiana, Ky.

FISH CROQUETTES.

One pint cold boiled fish, free from skin and bone and minced fine, one pint hot mashed potato, one tablespoonful butter, one-half cup hot milk, one egg well beaten, pepper and salt and a little chopped parsley. Mix thoroughly and let cool. When cold make into balls, dip into a beaten egg, roll in bread crumbs, fry in hot lard.—Contributed, Williams, Ariz.

MEAT CROQUETTES.

Run any kind of cold meat through meat grinder, season with pepper and salt, mix with a beaten egg and one teaspoonful of lemon juice, roll in cracker meal and fry in hot lard.—Mrs. A. Lebsch, Williams, Ariz.

POTATO CROQUETTES.

Mash boiled potatoes for croquettes, and one tablespoon butter, two tablesoons milk, salt and pepper and the beaten yolk of one egg. Stir well, shape into long thin rolls, dip in egg and cracker crums and fry in hot fat. Serve hot on a platter with a border af creamed peas.—Contributed.

SWEET POTATO CROQUETTES.

Three cups mashed sweet potatoes, two eggs, butter size of egg, little milk, salt to suit taste. When cold mold into balls. Roll in egg and cracker dust fry in deep lard as for doughnuts.—Mrs. John Juhl, Williams, Ariz.

SALMON CROQUETTES.

Mix half can salmon with one cup mashed potatoes. Beat one egg, salt, paprika to taste. Mix well and mold into croquettes. Roll in egg and bread crumbs. Fry in deep fat.—Mrs. Wm. Hayward, Los Angeles, Cal.

SALMON CROQUETTES.

Drain one can of salmon and pour over hot water to remove as much of the oil as possible, then dry on a piece of cheesecloth; separate into flakes. There should be one and three-fourths cupfuls. Add one cupful of thick white sauce, using three tablespoonfuls of butter, one-third cupful of flour and one cupful of milk. Season with one and one-half teaspoonfuls of lemon juice, three-fourths of a teaspoonful of salt and a few grains of cayenne. Shape, crumb and fry the same as other croquettes.

FRENCH POTATO CROQUETTES.

Prepare and cook potatoes same as for potato croquettes. To two cupfuls of hot mashed potatoes add one tablespoonful of butter, three tablespoonfuls of cream, one-third of a cupful of grated cheese, three-fourths of a teaspoonful of salt, one-eighth of a teaspoonful of paprika, a slight grating of nutmeg and the yolks of two eggs. Beat thoroughly, shape in balls, then in rolls, pointed at ends. Roll in flour, egg and crumbs, mark in three places on top of each with knife-blade to represent a small French loaf. Fry in deep fat and drain on brown paper.

DESSERTS

"An't please your honor," quoth the peasant,
"This same desert is very pleasant."
—Mrs. Ne Ni Bean.

AMBROSIA.

Whites of two eggs, two tablespoons gelatine, one cup sugar, one-half cup cold water, few drops bitter almond, one-half cup almonds or walnuts. Mix gelatine and water and cook until gelatine is dissolved, stirring constantly, add this to the stiffly beaten whites of eggs, mix well, add sugar and flavoring. Color a little of this mixture a delicate pink and pour alternately pink and white into a deep, square or oblong pan lined with moistened parrafine paper and nuts. When cold and well moulded, cut in slices about an inch thick and serve with sliced fruit or canned pineapple and whipped cream.—Miss Catharine Wells, Glendale, Calif.

IMPERIAL APPLES.

Make a syrup by boiling one and one-half cups sugar and one and one-half cups water, eight minutes. Wipe, core and pare eight apples. Cook apples in syrup until soft, occasionaly skimming syrup. Drain apples from syrup, cool, arrange on serving dishes, fill cavities with jelly, marmalade or pressed fruit, stick apples with blanched almonds split in half, and garnish with whipped cream, sweetened and flavored with vanilla. —Mrs. George Barney, Williams, Ariz.

APPLE SNOW.

Take a pint of stewed apples and press through a colander, whites of two eggs beaten to a stiff froth, and beat the whole well together. Sweeten to taste.—Miss Katherine Anderson, Williams, Ariz.

APPLE SNOW.

Peel and grate one large sour apple, sprinkle over it one cup of powdered sugar as you grate it to keep it from turning dark, break into this the whites of two eggs, and beat it all for twenty minutes, place in large bowl as it beats up very stiff and light. Heap this in a glass dish, and pour a fine, smooth custard around it.—Mrs. W. W. Bass, Grand Canyon, Ariz.

APPLE SNOW.

Peel and grate one large sour apple, sprinkle over it a small cupful of powdered sugar as you grate it, to keep from turning dark; break into this whites of two eggs and beat all constantly for half hour. Heap this in a large glass dish and pour custard around it and serve. Use yolks of eggs for custard.—Miss Watson, Bay City, Mich.

BLANC MANGE.

Put milk to boil in double boiler, add sugar, grated orange rind, a few bitter almonds; when boiled, strain into a saucepan, boil up again, then thicken with cornstarch, pour into molds, the bottoms and sides of which may be decorated with crystalized fruits. After the blanc mange is made, it may be moulded into ribbon cream by separating it into four vessels, coloring one green, and flavoring it with pistachios, another red, with rose flavor, another with some boiled chocolate. When filling the molds, the white is placed so that it will be first when finished and the chocolate last.—Mrs. Dermont, Williams, Ariz.

CHOCOLATE BLANC MANGE.

Put in double boiler, two cupfuls rich sweet milk, one cupful sugar. When quite hot add one-half box gelatine soaked in cupful water, one cupful grated chocolate, rubbed smooth with milk. Cook until quite thick. Remove from fire, when nearly cold beat into this the whipped whites of three eggs; add vanilla. Mold in large or individual molds and garnish. This should be served cold with any pudding sauce, or just cream and sugar.—Mrs. Dermont, Williams, Ariz.

BAKED BANANAS.

Remove bananas from skin, lay in a baking pan, sprinkle with granulated sugar and pour a little cold water in the dish, bake in a hot oven until tender. Serve for breakfast or with lemon sauce for dessert.—Mrs. A. W. Richardson, Leighton, Iowa.

BANANA SNOW.

Soak one-half box of gelatine in one-half cup of cold water for half an hour, then pour over it a pint of boiling water, add a heaping cup of granulated sugar and the juice of a lemon. Stir well together, strain into a large bowl where it will cool quickly. When cold stir in the beaten whites of three eggs. Beat all together until stiff. Have eight bananas sliced, stir into the snow. Put into molds to cool and do not stir much after bananas are in.—Mrs. William Wente, Manistee, Mich.

BAKED BANANAS.

One-half cup sugar, one teaspoonful corn starch, one-half cup lemon juice, one-fourth teaspoonful salt, one cup boiling water, six bananas. Mix dry ingredients, add water and boil until smooth, add lemon juice. Cut bananas in quarters, butter baking dish, put in layer of bananas, cover with sauce. Continue until all is used. Cover top with a thin layer of well buttered crumbs, bake until brown. Delicious served with roast mutton.—Mrs. George E. Krimbill, Bisbee, Ariz.

(Recipe demonstrated at the Rock River Chautauqua Domestic Science School, Dixon, Illinois, August, 1909.)

BANANA FRITTERS.

Three eggs, one-half cup sugar, one pint milk, pinch of salt, two teaspoons baking powder, flour enough to roll out same as for cookies. Cut a banana in two lengthwise, roll dough around banana; pinch down good at the ends to hold in place, fry in deep hot fat, roll in powdered sugar. Served with a clear sauce. Flavor to taste.—Mrs. George Barney, Williams, Ariz.

APPLE CREAM.

Beat the white of one egg to a stiff froth, grate one good-sized apple, add one cup of sugar. Beat all together twenty minutes.—Miss Carrie M. Shoff, Maine, Ariz.

APPLE CREAM (SOUR).

Pulp of three baked apples, whites of two eggs, one cup pulverized sugar. Beat one solid hour.—Mrs. G. A. Cole, Middletown, Conn.

BARBERRY CREAM.

One can grated pineapple, one cupful sugar, stir in one-half package dissolved gelatine. Set on ice to cool, then stir in one pint whipped cream. Let cool and mould.—Mrs. E. J. Gibson, Santa Fe System.

ORANGE CREAM.

Whip a pint of cream until one-half the quantity is left when skimmed off. Soak in half cup cold water ,half package gelatine; grate over it rind of two oranges. Strain juice of six oranges, add a cupful sugar; now put half a pint of cream in double boiler, pour into it well beaten yolks of six eggs. Stir until it begins to thicken, then add gelatine, remove from fire, let stand two minutes, then add juice and sugar; beat all together until about the consistency of soft custard, and add the whipped cream. Mix well and turn into moulds to harden. To be served with sweetened cream. This is fine.—Mrs. James Kennedy, Williams, Ariz.

HUNGARIAN CREAM.

Six oranges, two lemons, six or eight eggs (according to price), one large cup sugar, squeeze juice of oranges and lemons and grate a bit of rind of each to the juice add your sugar, then the yolks of eggs (well beaten). Place all in a double boiler till it is a fine velvety paste, well done. Have your whites beaten very stiff and remove the paste from fire, beat in the whites gradually and steadily till all are thoroughly mixed. Serve in individual punch or other moulds.—Miss Florence Parker, Los Angeles, Calif.

MARSHMALLOW CREAM.

One rounded tablespoon granulated gelatine, four egg whites, one cup cold water, one cup granulated sugar, one teaspoon extract, almond, vanilla or any kind, one teacup, more or less, of pecan nut meats coarsely chopped. Dissolve the gelatine in one-half cup of cold water, stirring over the fire till perfectly smooth, add the other one-half cup cold water and let cool. Beat whites very light (with pinch of salt) and gradually add dissolved gelatine, beating constantly, sprinkle in the sugar (continuing to beat), add extract, beating all the time. Take one-third of the mixture, color a delicate pink with fluid that comes for the purpose. Spread in a deep dish and sprinkle with nut meats, add a second, one-third, and sprinkle on more meats, then the remainder, and add, decorating with care, dried cherries. Put in refrigerator to stiffen. Serve with whipped cream or a delicate custard. The flavoring, nuts and decoration may be varied to suit the taste, preserves or jelly may be used instead of nuts.—Mrs. Watts S. Humphrey, Saginaw, Mich.

SPANISH CREAM.

One pint milk, add two and one-half tablespoons gelatine, let stand fifteen minutes, heat in double boiler, stirring to keep gelatine from the bottom, add two-thirds cup sugar, yolks of three eggs well beaten, stir until creamy like thin custard, pour it over the stiffly beaten whites of three eggs, beating lightly, and add vanilla flavoring. When cool stand in ice box until next day. Nice plain or with whipped cream or fruit when served.—Mrs. J. C. Hudson, Williams, Ariz.

SPONGE CREAM.

Let two cups sweet milk in a double boiler come to a good scald, add the yolks of four well beaten eggs, one-half cup granulated sugar, pinch of salt, then two tablespoons gelatine

thoroughly dissolved in a little sweet milk and boil until it thickens. To this add the well beaten whites of four eggs, season with vanilla, rose or almond to taste. Put in mould, set on ice five or six hours. Serve on dish garnished with berries, and alternate with whipped cream, or serve with sweetened whipped cream.—Miss Esther Hanson, Hartford, Conn.

STRAWBERRY CREAM.

Stir one cup clear strawberry juice into one pint thick cream, add one cup sugar and whip till stiff, then add beaten whites of two eggs and beat till very stiff. Garnish with large whole berries.—Miss Safronibelle Campbell, Williams, Ariz.

TAPIOCA CREAM.

Three tablespoonfuls of tapioca soaked in one cup of water over night, add one quart of milk, boil twenty minutes, beat yolks of three eggs with one cup of sugar, flavor with vanilla, beat whites of eggs stiff and pour the custard over them.—Mrs. Geo. A. Cole, Middletown, Conn.

CREAM CARAMEL.

For Custard: One quart milk, one cup sugar, four eggs, one spoonful flour. Place milk in double boiler with pinch of salt, break eggs, separating the yolks from the whites, beat yolks well, adding gradually the sugar and flour, add slowly to boiling milk, till all is of a velvety contingency, add vanilla or any other flavor excepting lemon. Beat your whites very stiff, with a pinch of salt, and add a little sugar, place on the custard in small moulds. Caramel:—Brown one-half cup sugar, being careful not to let it burn, pour over the whites, and allow a little to slip in the custard. Fine.—Miss Florence Parker, Los Angeles, Calif.

ITALIAN CREAM.

One-half box gelatine, soak in water enough to cover till dissolved. Put in double boiler one quart sweet milk, heat; to this add one cup sugar beaten with yolks of four eggs. To this add gelatine and cook in the boiling milk for five minutes. Take from the stove, add beaten whites of four eggs. Put in a bar tin to mold. Slice when cold and serve with whipped cream. —Mrs. Pierson, Manistee, Mich.

BAKED CUSTARD.

Four cups milk, four to six eggs, one-half cup sugar, one-fourth teaspoon salt, nutmeg or cinnamon. Method:—Beat the

eggs slightly, add sugar and salt, then slowly add the scalded milk. Pour into cups (about six) and grate a little nutmeg over the top. Set the cups into a pan of hot water and bake in a moderate oven (about thirty minutes) until a knife when thrust in comes out clean. Do not let water in pan boil. Serve in cups when cold with whipped cream.—Mrs. W. A. Richardson, Leightn, Iowa.

BOILED CUSTARD.

Two cups scalded milk, three yolks of eggs, one-half teaspoon vanilla (or desired amount of fresh fruit).—Mrs. W. A. Richardson, Leighton, Iowa.

BAKED CHOCOLATE CUSTARD.

One pint milk, two tablespoons flour, four tablespoons sugar, two squares unsweetened chocolate. Flavor with vanilla when cold. Serve with sweetened and flavored whipped cream.—Mrs. T. A. Riordan, Flagstaff, Ariz.

FRENCH COCÓANUT CUSTARD.

One quart milk, eight tablespoons cornstarch, one-half cup sugar, pinch of salt, yolks of four eggs, two-thirds cup cocoanut, one teaspoon lemon extract, one tablespoon butter. Put the milk and cocoanut in a double boiler to heat. Beat yolks and sugar. When milk is hot moisten the cornstarch with a little cold milk, and stir in, cook ten minutes, then add the egg and sugar and salt and cook a few minutes longer. Remove from the fire and add butter and flavoring. Put in moulds and spread with a meringue, made with the whites of four eggs and eight tablespoons powdered sugar. Bake in a pan of water fifteen minutes.—Miss Jephena Perkins, Flagstaff, Ariz.

DELICIOUS CUSTARD.

Heat one pint of milk, brown one cup of sugar and add to the milk, add one pint of cold milk and the yolks of four eggs and whites of two eggs. Beat whites of two eggs and put on top. —Mrs. George A. Coles, Middletown, Conn.

MAPLE CUSTARD.

One-half pint milk, one tablespoon sweet cream, one egg, one tablespoon maple syrup. Prepared and serve same as plain custard.—Mrs. T. A. Riordan, Flagstaff, Ariz.

CARAMEL CUSTARD.

Melt one-half cup sugar, without adding water. Make a custard of four eggs, one-third teaspoon salt, four tablespoons

sugar, one pint of rich milk. Beat together the eggs, sugar and salt and pour over this the scalded milk. Add the syrup. Pour into moulds and bake in a pan of water. When a knife comes out clear from the custard it is done.—Miss Jephena Perkins, Flagstaff, Ariz.

CARAMEL CUSTARD.

Ingredients:—One-half scant cup sugar, one tablespoon water, two cups milk, three eggs, one-half teaspoon salt, one teaspoon vanilla. Method:—Put sugar in a granite sauce pan and stir until it melts and is light brown; add the water and slowly add to warm milk, being careful that milk does not bubble over, as is liable on account of high temperature of sugar. Beat the eggs slightly and gradually add the mixture to the eggs; add salt and flavoring and strain in a buttered mold. Serve cold with

SAUCE FOR CUSTARD.

One-half cup sugar, one-half cup boiling water and simmer ten minutes. Chill before serving.—Mrs. A. W. Richardson, Leighton, Ia.

PLAIN CUSTARD.

One egg, one-half pint milk, two tablespoons sugar, as much flour as desired. Heat milk and sugar and pour gradually on the beaten yolk of the egg. Pour into custard cups, place cups in pan of boiling water and bake fifteen minutes or until it sets. It may be served with the beaten white of the egg or whipped cream.—Mrs. T. A. Riordan, Flagstaff, Ariz.

BAKED PEACH DUMPLINGS.

Make a paste as for peach shortcake, and cut into squares of five inches, lay in center of each a whole peach which has been peeled and the stone removed and the center filled with sugar and one whole clove, pinch the edges of the dough togther and lay close in a baking tin with the smooth side uppermost. Pour over a gill of water and bake covered until the crust is done. Uncover and brown. Serve with sauce.—Mrs. J. W. Smith, Williams, Ariz.

FRUIT DUMPLINGS.

One large cupful flour, one large tablespoonful cottolene, one pinch salt, one teaspoonful baking powder, milk enough to make it about as stiff as biscuit dough. Put about two inches of boiling water in your baking dish; one cupful sugar, one-third

cup butter, a little nutmeg; stir until thoroughly dissolved. Roll dough about one-eighth of an inch thick. Cut each dumpling the size of a tea plate. Into this put sliced apples (or any fruit or berries) seasoned with sugar, butter and nutmeg. Dampen the edges and pinch together into a dumpling. Place these—about six—in the pan of hot syrup, and bake moderately slow, basting the tops occasionally.—Mrs. Martin Buggeln, Williams, Ariz.

APPLE DUMPLINGS.

Pare and core six good sized tart apples, filling open part with butter and sugar. Have ready a nice light biscuit crust. Cut in circle large enough to cover apple when pinched together at the top. Put dumplings in a little water and butter in the baking pan and bake forty minutes; or, steam these dumplings one and one-half to two hours. Berries make a good substitute. Sauce: One cupful water in the double boiler, one-half cupful white sugar, one-half cupful brown sugar, butter size of an egg, two teaspoonfuls cornstarch, one teaspoonful vanilla, nutmeg to taste. Cook mixture until it thickens. Serve hot. If berries are used in the dumplings, mash and sweeten some for the sauce, omitting vanilla.—Mrs. Dermout, Williams, Ariz.

APPLE DUMPLINGS.

Make a rich biscuit dough, roll out as for pie, peel two good sized cooking apples, slice thin, place them in the crust with one-half cup sugar and butter size of a walnut, a little nutmeg if desired. Pinch the crust up around the apples and place in a round pan. Around the dumpling add one-half cup sugar and boiling water to half fill the pan. Bake one-half hour.—Mrs. J. S. Folsom, Flagstaff, Ariz.

A DELICIOUS DESSERT.

Whip one pint of cream very stiff, sweeten with confectioners sugar, set away to chill, chop fine large banana, one orange, one-half cup fine apple, twelve large marshmallows, one-half cup nuts, beat all together in the cream just before serving. Serve in sherbet cups with cherry on top.—Mrs. Geo. Barney, Williams, Ariz.

ELIZABETH DESSERT.

Whites of three eggs beaten stiff, add two teaspoonfuls of sugar, and whip till it stands alone. Then slice twelve plums on top and serve. In winter prunes may be used instead of plums.—Contributed.

A SIMPLE DESSERT.

Take six apples, peel and core, put in a rather shallow baking pan with one one-half cups of water, one-half cup of sugar (or more according to tartness of apples) well scattered over them, also a generous sprinkling of nutmeg, and a few drops of lemon juice. Bake in a moderate oven one-half hour. When done fill cavity with boiled rice and top with a spoonful of jelly.—Miss Nanna Morrell, Los Angeles, Calif.

NETTIE'S DESSERT.

White Part: One pint of boiling water, one half cup of granulated sugar, pinch of salt, three tablespoons of cornstarch. Dissolve the starch in water and then stir the starch into the boiling water, add the whites of three eggs beaten stiff, take off the stove and set away to cool.

Yellow Part: One quart of milk, boiling or not, one cup of sugar, pinch of salt, three teaspoons of cornstarch, yolks of three eggs, flavor with vanilla, take off and cool, turn into the white part, drop jelly on top of this.—Mrs. Patrick Johnson, Williams, Ariz.

STRAWBERRY FLUFF.

Cream one-half cup butter and one cup sugar, add two-thirds cup sweet milk, two and one-half cups flour, one tablespoon baking powder. Mix and add one and one-half cups fresh crushed strawberries. Pour into pudding moulds and steam half hour. Serve cold or hot with this sauce: Three-fourths cup butter and pulverized sugar beaten to cream, add one-half cup boiling water and cup lightly crushed strawberries.—Mrs. W. Patterson, Williams, Ariz.

RASPBERRY FLUMMERY.

Put one cup of red raspberries, one cup of water over the fire, when hot stir in one-half cup tapioca, cover and let cook until tapioca is transparent, add one-half cup of sugar and fold in the whites of two eggs beaten dry. Serve with whipped cream and nuts on top.—Mrs. George Barney, Williams, Ariz.

PEACH FRAPPE.

Put one quart of very ripe peaches through a wire sieve, add two cups of sugar, one quart water, one quart whipped cream. This will serve eighteen people. Canned peaches may be used. If fresh peaches are used, only one pint of water—hot—is needed and dissolve the sugar in it.—Mrs. Earl Nordyke, Santa Fe System, Williams, Ariz.

FRUIT JELLO.

Dissolve one package of raspberry Jello in one pint of hot water, when half set stir in one-half medium sized pineapple grated and two bananas (or any other fruit). Serve with whipped cream.—Mrs. C. A. Collett, Los Angeles, Cal.

LEMON OVAL.

Dissolve two packages of Lemon Jell-O in a quart of boiling water. Pour half of the Jell-O into an oval dish or mould. When cool lay in it peaches, bananas and seeded grapes. When set, add the remainder of the Jell-O and more fruit, and put away until firm. Serve plain or with whipped cream.—Contributed.

CHARLOTTE RUSSE.

Prepare mold or individual moulds with lining of lady fingers or slices sponge cake, lightly fastening same together with little white of an egg. Put in double boiler, one pint of sweet milk, sweeten and flavor to taste, one tablespoonful dissolved gelatine six beaten eggs. Thicken as for boiled custard. When filling is nearly cold add nearly one quart whipped cream. Put in mold and before serving dress with whipped cream.—Mrs. M. S. Carpenter, Hackensack, N. J.

CHARLOTTE RUSSE.

Line individual glasses or molds with lady fingers, or cut sponge cake into slices about half an inch thick, and as narrow and long as desired. Make a filling in double boiler, one teacup sweet milk, two tablespoonfuls soaked gelatine, sugar to taste, vanilla or any preferred flavor. When thick enough take off the fire and partially cool, add gradually two cupfuls rich whipped cream. Put in moulds before thoroughly cold. Set away until ready to serve. Before serving put pretty mound of whipped cream on the top of each dish, with ripe stawberry or cherry on top.—Mrs. Wm. F. Dermont, Williams, Ariz.

CHARLOTTE RUSSE.

One-quarter box gelatine, one-quarter cup cold water, one pint cream, one dozen lady fingers, one-third cup bar sugar, one teaspoon vanilla, one tablespoon wine, one-quarter cup boiling water. Soak gelatine in the cold water till softened, chill the cream, line three pint moulds with lady fingers, or narrow slices of sponge cake with crust side out. Leave a little space between the slices and have the cake even at the top, whip the

cream and skim off into a granate pan, set in ice water, sift the sugar over the whipped cream, add vanilla and wine. Dissolve gelatine in the boiling water and strain through fine strainer over the whipped cream. Then stir (not beat) rapidly with bowl of spoon resting on bottom of pan. Turn the pan with the left hand while stirring with the right, then if it feels lumpy lift the pan from the ice and place in warm water to melt the gelatine. Stir till the gelatine is well mixed with the cream, and when nearly stiff enough to drop, turn into the mould. Keep on ice and when ready to serve turn out and garnish the tops with jelly.—Boston School Cook Book.

CHARLOTTE RUSSE.

Bake an Angel Food Cake in a border mold, and fill the center with the following charlotte russe mixture: Whip two cups of cream, add two tablespoons of sugar and flavoring, pour in one-quarter of a box of gelatine that has been dissolved in one cup of hot water after standing in one cup of cold water for an hour. An almond paste is fine when added to the custard.—Mrs. K. W. Williams, Cynthiana, Ky.

STRAWBERRY SHORTCAKE.

Make rich individual baking powder biscuit. Open and butter when quite warm—not hot—spread crushed strawberries between and on the top of each. Cover each with whipped cream, and garnish top with pretty ripe berries with their hulls. Serve little warm. If desired, bake biscuit in two pans making one shortcake. Garnish as above.—Mrs. Wm. F. Dermout, Williams, Ariz.

STRAWBERRY SHORTCAKE.

One pint flour, one teaspoon salt, two teaspoons baking powder, two tablespoons sugar. Mix well together and rub into it three tablespoons butter, three-quarter cup sweet milk. Bake in two pie tins.—Miss Emma E. Arnold, Manistee, Mich.

STRAWBERRY SHORTCAKE.

One cup sweet milk, two tablespoonfuls butter, one Z salt, two Z baking powder, add a little flour and beat to a cream. Then stir en enough flour to roll, and cut in small individual cakes, not very thick. When done open and spread butter and place fruit between and on top the white of an egg. Bake in hot oven.—Mrs. A. S. Lebach, Williams, Ariz.

STRAWBERRY SPONGE.

Fill sherbet glasses with lady fingers, and rich pressed straw-

berries, and place sweetened whipped cream on top.—Manistee Public School, Mich.

CUSTARD SOUFFLE.

Ingredients: Two scant tablespoonfuls butter, two scant tablespoonfuls flour, two tablesponfuls sugar, one cup milk, four eggs. Bring the milk to a boil, beat flour and butter together, add to them gradually the boiling milk and cook eight minutes, stirring often. Beat the sugar and yolks of eggs together, add this to the cooked mixture and set away to cool. When cool beat the whites of the eggs to a stiff froth and add to the mixture. Bake in a buttered pudding dish slowly for about twenty five-minutes. Serve immediately.

Sauce for Same.

Ingredients: One-half cup butter, one cup powdered sugar, one-half cup cream or milk, flavoring to suit. Beat the butter toa cream, add the sugar gradually, beating all the while, add the flavoring and the cream. When beaten to a cmooth paste place the bowl in a basin of hot water and stir until sauce is smooth and creamy (no longer).—Mrs. J. O. Dodge, Los Angeles, Calif.

PEACHES AND CREAM.

Serve halved peeled peaches with whipped cream flavored with lemon, ground almonds sprinkled over top.—Mrs. Geo. Barney, Williams, Ariz.

CREAM PUFFS.

One cup hot water, one-half cup butter, one cup flour, three eggs. Add butter to water when boiling, add flour beating to a smooth paste. When cold add eggs, beating hard each time. Drop in pan in spoonfuls far enough apart to allow for puffing and bake in quick oven. When cold split on side and fill with cream filling.

Cream Filling: Two eggs, two teaspoons flour mixed with cold water and pint milk and three tablespoons sugar. When milk and sugar boil add eggs and flour to thicken. Flavor to taste.—Mrs. Eva Morris, Cliffs, Ariz.

CREAM FILLING.

Put in a sauce pan two cupfuls of water (warm) one half pound of butter, stir until it comes to a slow boil, add gradually, stirring all the time three-quarters of a pound of sifted flour and cook one minute, beat perfectly smooth and turn into a deep dish to cool, have ready six eggs whites and yolks

beaten separately and whipped into the cool parts, adding the whites last. Drop one large spoonful on buttered paper and bake in a quick oven for ten minutes until a golden brown.—Mrs. F. Beckwith, Flagstaff, Ariz.

CREAM PUFFS.

One cup hot water, one cup sifted flour, one-quarter cup butter, four eggs. Put the water and butter in a sauce pan over the fire, and when it boils add all the flour at once and stir quickly over the fire until it forms a ball which leaves the pan. Set aside until partly cool, then add one egg at a time until all are used. Then heat vigorously for about five minutes. Drop teaspoonfuls on a buttered tin about two inches apart. Bake in a rather quick oven twenty-five or thirty minutes. In the baking lies the success. If removed before done they will fall. Excellent.—Mrs. P. A. Melick, Williams, Ariz.

CREAM PUFFS.

One cup boiling water, one cup flour, two ounces butter, four eggs, one teaspoon baking powder. Have water in sauce pan, add butter and when boiling, throw in flour and stir until it forms a smooth paste. When cool break the eggs into the mixture, one at a time, beating each one thoroughly, then add the baking powder and drop in spoonfuls on baking tins some distance apart. Bake slowly about forty-five minutes, or until the cakes feel very light. When cold remove soft inside portion and will with a cream made as follows: One quart milk, three eggs, sugar to taste, and thicken with cornstarch. Boil to the consistency of a thin custard, and when cold add lemon or vanilla flavoring.—Miss Dorothy Stark, Williams, Ariz.

PINEAPPLE SPONGE.

Let one can grated pineapple and one cupful granulated sugar stand an hour. Then add white of one egg well beaten, one-half box gelatine dissolved in cup boiling water. Beat all together very hard. Put in a mold for at least half a day, or over night on ice would prove much more satisfactory. Serve on a pudding plate surrounded with little bunches of whipped cream with a strawberry on red cherry on each. Many prefer to mold and serve this individually.—Mrs. Dermont, Williams, Ariz.

CUSTARD SOUFFLE.

Rub two scant tablespoons butter to a cream, add two scant tablespoons flour, pour over this gradually one cup hot milk and cook eight minutes in a double boiler, stirring constantly, beat yolks four eggs, add two tablespoons sugar. Stir into the milk and set away to cool. Half an hour before serving beat whites four eggs stiff, adding to mixture. Bake in moderate oven thirty-six minutes. Serve at once.—Mrs. L. E. Morris, Manistee, Mich.

PRUNE SOUFFLE.

Make one pint stewed prune pulp. Dissolve one package Chocolate Jell-O in one pint boiling water. When it begins to thicken add the prune pulp and one teaspoonful cinnamon, and beat into it one cup whipped cream. Pile into custard cups and serve with whipped cream.—Contributed.

PRUNE SOUFFLE.

Three-quarter pounds prunes, four tablespoons fine sugar, whites four eggs, cook prunes and strain through colander, add sugar and whites of eggs well beaten. Bake twenty minutes in slow oven. Serve cold with whipped cream.—Miss Watson, Bay City, Mich.

PRUNE WHIP.

Remove the stones from a dozen large boiled prunes, chop prunes, and set on ice until very cold. Serve in chilled spoon of powdered sugar. Beat in gradually the choppel prunes fine, beat one-half pint of cream stiff, adding a table-glasses.—Miss Bertha J. Peet, Monticello, Ind.

DIET

The percentage of individuals who give thought to their physical and mental requirements in diet, is small indeed.

Although the human system can be sustained through long periods of physical, and mental labor, upon a few articles of food; in order to thoroughly satisfy the needs of the body, the diet must be varied.

Occupation should govern to a great extent, the kind and quantity of food taken, as well as the time of consumption.

Diet should vary somewhat with climatic, or season changes.

Individuals of sedentary occupation should confine their diet largely to the vegetable kingdom, namely: Cereals, Legumes, Roots and Tubers, Green Vegetables, Fruits, Nuts, Fungi and Litchens. Under the different heads we have the following:

Cereals:—Barley, buckwheat, corn, rye, oats, rice and wheat.

Legumes:—Peas, beans, peanuts.

Roots and Tubers:—Irish Potatoes, sweet potatoes, yams, artichokes, beets, carrots, parsnips, turnips and radishes.

Green Vegetables:—Cabbage, cauliflower, spinach, lettuce, sorrel, celery, tomatoes, egg plant, cucumbers, asparagus, rhubarb, pumpkins, squash, onions and garlic.

Fruits and Nuts:—A great variety.

Fungi and Litchens:—Mushrooms, truffle, morel, Iceland moss.

Animal food should also be included in the daily diet, sparingly during the warm summer months, and increased slightly during the cold winter months.

Physical laborers require a liberal diet of animal food, and should also partake freely of vegetable products.

All food taken should be thoroughly masticated to insure saturation with saliva, as otherwise, perfect digestion is an impossibility.

Animal food digests more rapidly than vegetable food, and where necessary may be taken at intervals of two or three hours, in small quantity.

Vegetable food requires five or six hours for thorough digestion, and should not be taken at shorter intervals.

The temperature of food is of considerable importance The ideal temperature is that of the body 98 degrees Fahrenheit, the limits of safety being 45 degrees and 130 degrees Fahrenheit.

A short period of rest after meals is conducive to good digestion.

P. A. Melick M. D.

DOUGHNUTS

DOUGHNUTS OR FRIED CAKES.

As much care must be taken in the mixing as in the cooking. In Northern Arizona do not use too much shortening in the dough, and mix very soft, rolling without kneading. Try the boiling fat, in which they are to be cooked, with a small piece of dough. If a piece of raw potato is put into the boiling fat it will prevent browning too much and will help clarify it. Two tablespoonfuls vinegar added to the lard will prevent the cakes absorbing too much grease. Some cooks add one-half teaspoonful ground ginger in the dough, saying that, too, will prevent the dough absorbing too much fat.

DOUGHNUTS.

One cup of sugar, two cups of sour milk, one Z of soda, one-half Z baking powder, two eggs, salt and nutmeg. Fry in hot lard.—Mrs. Albert S. Lebsch, Williams, Ariz.

DOUGHNUTS.

One teacup of sugar, one spoonful of melted lard, three eggs and pinch salt, two teacups of milk, two teaspoons of baking powder. A little nutmeg and flour to roll.—Mrs. James Dalton, Williams, Ariz.

DOUGHNUTS.

Two eggs one and one-half cups of granulaed sugar and one large cup of sour cream, one teaspoon of soda dissolved in the cream, and two teaspoons of cream tartar with one sifter of flour, flavor with vanilla and nutmeg. Fry and dip in powdered sugar.—Mrs. R. S. Teeple, Holbrook, Ariz.

DOUGHNUTS.

One large teaspoon butter, two and one-half cups sugar, three eggs (beaten), one cup buttermilk, one-half teaspoon each soda and salt, one-half nutmeg, one teaspoon baking powder and flour enough to roll into dough.—Mrs. K. W. Williams, Cynthiana, Ky.

DOUGHNUTS.

One small measuring cup sugar put in coffee cup, fill the cup full of sweet milk, one-half teaspoon of vanilla, four measuring cups sifted flour, three teaspoons baking powder, pinch of

salt, two scant tablespoons melted butter rubbed in flour as for pie crust, break in three eggs and beat hard. Cut out with as little mixing as possible.—Mrs. E. J. Wing, Manistee, Mich.

DOUGHNUTS.

Add one cup sugar, one tablespoon butter, four eggs, one and one-half cups milk, three teaspoons baking powder, add flour until stiff enough to roll out. Roll about one-quarter inches thick. Fry in cottolene.—Mrs. Emerson, Williams, Ariz.

DOUGHNUTS.

One cup sugar, three tablespoons butter, three eggs, three and one-half cups flour, one cup sour milk, one teaspoonful soda, nutmeg to taste.—Mrs. M. J. Erne, Williams, Ariz.

RAISED DOUGHNUTS.

One pint bread sponge, one pint warm water, two eggs, one cup sugar, one pinch of salt, three teaspoonfuls of lard. Mix same as bread, when light roll out and cut and fry in hot lard. —Mrs. M. J. Erne, Williams, Ariz.

DOUGHNUTS.

Mix, by sifting two or three times, two heaping teaspoonfuls baking powder with one quart flour, beat two eggs with one coffee cup of sugar, adding a teacupful of new milk, and teaspoonful melted butter if milk is not very rich. Flavor with nutmeg. Mix all together and fry in hot lard and cottolene mixed.—Mrs. Geo. F. Warren, Kingman, Ariz.

DOUGHNUTS.

In the mixing bowl put one cupful granulated sugar, four eggs, add one and one-half cupfuls rich sweet milk. Sift flour and use three cupfuls flour with three teaspoonfuls baking powder sifted three times, one-quarter teaspoonful salt, one tablespoonful melted butter. Then, if necessary, add enough flour to make a soft dough. Roll soft without kneading, cut any desired shape and cook in hot lard.—Miss Charlotte Wickstram, Hartford, Conn.

DOUGHNUTS.

One and one-half cupfuls sugar, one and one-half cupfuls milk, two eggs, about one tablespoonful shortening, if cream so much better, if sour milk one-half teaspoonful soda, if sweet-milk, baking powder, nutmeg. Beat before adding two and one-half cupfuls flour.—Mrs. C. M. Wolfe, Williams, Ariz.

DOUGHNUTS.

Two eggs, two cups sugar, two cups sour milk, salt and spices to taste, flour to mix stiff; fry in hot lard.—Mrs. Annie Cameron, Flagstaff, Ariz.

DOUGHNUTS.

One cup sugar, two eggs creamed together, one tablespoon sour cream, one cup sour milk, one teaspoon of soda dissolved in table spoon of boiling water, salt and nutmeg, flour to thicken like cream biscuits, roll out dough one half inch thick. Fry in hot lard to light brown.—Mrs. C. A. Greenlaw, Flagstaff, Ariz.

DOUGHNUTS.

One egg, one cup sugar, butter size of a walnut, one and one-half cupfuls milk, two heaping teaspoons baking powder, one quart of flour, flavor with vanilla or nutmeg.—Mrs. F. Beckwith, Flagstaff, Ariz.

DOUGHNUTS.

Two eggs, one cup granulated sugar, two tablespoons melted butter, one-half cup sour milk, one-half cup sweet milk, one even teaspoon soda in sour milk, one rounding teaspoon baking powder, stir eggs and sugar together; add melted butter, then sour milk into which soda has stirred, add one cup flour into which baking powder has been stirred. Then add the half cup sweet milk alternately with flour until the dough is the right consistency to roll. Fry in hot fat.—Mrs. Watson, Bay City, Mich.

DOUGHNUTS.

Three eggs, one cup sugar, one and one-half cups sour milk, one-half teaspoonful grated nutmeg, one-half teaspoonful soda. Beat eggs, sugar, sour milk and nutmeg together. Dissolve soda in a little boiling water and add. Add flour and mix as soft as possible to roll out. Fry in lard until brown.—Mrs. Ritter, Williams, Ariz.

DOUGHNUTS.

One cup sugar, three well beaten eggs, one tablespoon melted lard, one teaspoonful grated nutmeg, one cupful sour milk into which put one teaspoonful soda which has been dissolved. Add flour enough to make batter sufficiently thick to roll out well. Cut into desired shape and cook in hot lard.—Miss Margery Hicks, Williams, Ariz.

DOUGHNUTS.

One and one-half cupfuls of sweet milk, four even cupfuls sifted flour, three teaspoonfuls baking powder—even full—, two well beaten eggs, two cupfuls sugar, one tablespoonful hot lard, nutmeg or lemon to season. Roll soft, cut any desired shape, drop in hot lard. Drain well.—Mrs. J. C. Sutherland, Winslow, Ariz.

FRIED CAKES.

Two good sized eggs well beaten, pinch of salt, one cup sugar, one cup sweet milk, two tablespoons melted butter, four cups flour, three teaspoons W. R. Hall's baking powder, one-half nutmeg (grated).—Mrs. W. R. Hall, Manistee, Mich.

FRIED CAKES.

Two eggs, one cup milk, sweet, one cup sugar, one teaspoonful nutmeg, one tablespoonful lard or butter, pinch salt, one teaspoonful baking powder, flour enough to thicken, then roll out. Cook in hot fat.—Mrs. Jas. W. Johnson, Williams, Ariz.

FRIED CAKES.

Two cups mashed potatoes, three eggs, one cup sour milk, one teaspoon soda, two teaspoons baking powder, pinch salt, nutmeg, two cups sugar, three tablespoons shortening. Flour sufficient to roll nicely. Fry in hot lard.—Mrs. H. M. Stark, Saginaw, Mich.

FRIED CAKES.

One cupful sugar, one cupful sweet milk, four eggs, one tablespoonfuls melted butter, nutmeg, one one-half teaspoonful baking powder sifted in the flour.—Mrs. James Wade, Williams, Ariz.

FRIED CAKES.

One cup sugar, four eggs, two scant tablespoons lard or cottolene, one cup sour or sweet milk, one teaspoon soda or baking powder, flavoring. Flour sufficient to roll nicely, Cut out and fry in hot grease.—Mrs. Chas. Wade, Williams, Ariz.

SNOW BALLS.

Make a stiff batter of two beaten eggs, two small cupfuls white sugar, one pint sweet milk, one-half teaspoon each salt and grated nutmeg, three teaspoons baking powder sifted with five cups flour. Drop into boiling lard in balls and fry same as doughnuts.—Mrs. E. S. Marez, Bisbee, Ariz.

Doughnuts.

Beat two eggs light and add to them one cup of sugar. Sift together three cups of bread flour, five teaspoons of baking powder, and half a teaspoon each of salt, ground cinnamon and nutmeg. Mix to a soft dough with the first ingredients and a half cup of milk, stir in two tablespoons of melted lard and add flour to roll. Have lard in the kettle at least three inches deep and add a small piece of raw potato. Fry about five minutes, dip in boiling water, drain on soft paper and dust with powdered sugar.

DUMPLINGS

DROP DUMPLINGS.

The whites of three eggs, one cup milk, one cup sifted flour, stir all together and place in a skillet containing a tablespoon of butter Let contents boil until it leaves the side of the skillet clean, then remove and stir until cold. Add the yolks of the eggs. Season with salt and nutmeg, then drop with a spoon, that has been wet with cold water into boiling soup. They are what the Germans call Schwanmbloese and may be used in any clear soup.—Mrs. Wm. Hayward, Los Angeles, Cal.

EGG DUMPLINGS.

Two eggs beaten very light with egg beater, flour enough to stiffen into which has been sifted one-third teaspoon baking powder. Flour stiff enough to drop from spoon.—Mrs. F. O. Polson, Williams, Ariz.

EGG DUMPLINGS.

Rub the yolks of two hard boiled eggs to a smooth paste, add a little salt, grated nutmeg and a speck of butter. Add the beaten whites of two eggs and just enough flour to be able to mold the dough into little marbles. Guard against making too stiff and put into boiling soup one minute.—Mrs. Wm. Hayward, Los Angeles, Cal.

DELICIOUS DUMPLINGS FOR MEAT.

One well beaten egg, pinch salt, pinch sugar, small cup sweet milk, teaspoon soft butter, two large teaspoons baking powder sifted through pint flour, adding enough more flour to make stiff batter. Drop tablespoonfuls into kettle of boiling meat eight minutes before ready to serve. Do not allow steam to escape while cooking. Especially fine for chicken or mutton stew, any left over are delicious sliced fried in a little butter and served with a sweet. Be sure to dip spoon in hot broth each time before taking on batter to avoid sticking.—Mrs. Geo. F. Warren, Kingman, Ariz.

POTATO DUMPLINGS.

Potato dumplings, or katoffel kloese, are not often made by American cooks, but once tried the recipe will become a stand-by. Six large potatoes, two eggs, one-half cup farina, one scant cup flour, two tablespoons salt, one-eighth teaspoon

grated nutmeg. Boil the potatoes in the jackets, peel and mash them and run them through the potato ricer. Cool and weigh before using. Two pounds of potato should be used for this recipe. To the potatoes add the beaten eggs, the farina, flour, salt and nutmeg, and make into small balls. Drop into boiling water (using a teaspoon of salt in a quart of water) and boil about twenty minutes. Drain and serve hot. Kloese is the German for dumplings. They are shaped in balls and boiled in hot salted water or soup stock and may be served with finely chopped onions fried in butter to a delicate brown.—Contributed.

SOUR MILK DUMPLINGS FOR CHICKEN.

Two eggs well beaten, two cups sour milk with one teaspoon soda (rounding full) one-quarter teaspoon salt, one tablespoon melted butter, add flour until very stiff. Drop into to the soup.—Mrs. E. E. Teft, Anacvetes, Washington.

NOODLES FOR SOUP.

Mix into two eggs as much sifted flour as they will absorb, with pinch of salt, then roll out thin as a wafer; dust over a little flour, then roll over and over into a long roll, cut off thin slices from the edge of roll, shake out into long strips, let dry, put into soup and boil lightly for ten minutes.—Mrs. M. D. Finney, Williams, Ariz.

EGGS

"Lays of ancient Rome."
—McCaulay.

It was then that I saw the cook book, and while Mr. Harbison had his back turned I got it down. It was quite clear that the domestic type of woman was his ideal, so I took the book into the pantry and read the recipe over three times. When I came back I knew it by heart though I did not understand it. "I will tell you how," I said, with a great deal of dignity, "and since you want to help you can make it yourself."

He was delighted.

"Fine!" he said. "Suppose you give me the idea first. Then we'll go over it slowly, bit by bit. We'll make a big fluffy omelet and if the others aren't around we'll eat it ourselves."

"Well," I said, trying to remember, "you take two eggs—." "Two!" he repeated. "Two eggs for ten people!" "Don't interrupt me," I said irritably. "If—if two isn't enough we can make several omelets, one after the other."

He looked at at me with admiration. "Well, what next?"

"Separate them," I said easily. No, I didn't know what it meant, but I hoped he would. Iknew he was staring at me puzzled.

"Separate them!" he said. "Why they aren't fastened together!" Then he laughed. "Oh, yes, of course!" When I looked at him he had put one on each end of the table "Afraid they'll quarrel, I suppose," he said. "Wel, now they're separated."

"Then beat."

"First separate, then beat!" he repeated. "The author of that cook book must have had a mean disposition. What next? Hang them?" He looked up at me with his boyish smile.

"Separate and beat," I repeated. If I lost a word of that recipe I was gone. "Well," he reflected, "you can't beat an egg, no matter how cruel you may be, unless you break it first." He picked up an egg and looked at it. "Separate:" he reflected. "Ah, the white from the—whatever you cooking experts call it—the yellow part." "Of course. I knew you would find out." Then back to the recipe—"beat until well mixed; then fold in the whites."

"Fold." he questioned. "It looks pretty thin to fold, doesn't it? Please come and show me how."

"Just fold them in," I said desperately. "It—it isn't difficult." And because I was so transparent a fraud, I said something about butter and went into the pantry. I leaned my elbows despondently on the shelf of the kitchen pantry and waited for Mr. Harbison to come in and demand that I fold a raw egg.

He came. "I have solved it," he said. "The mixture awaits the magic touch of the cook."

I honestly thought I could do the rest. It was only to be put in a pan and browned in the oven three minutes. And I did it properly, but for two things; I should have greased the pan, (but this was the book's fault; it didn't say) and I should have lighted the oven. The latter, however, was Mr. Harbison's fault as much as mine, and I had wit enough to lay it to absent mindedness on the part of us both.

Taken from "When a Man Marries." By Mary Roberts Rineheart.

EGGS A LA GOLDEN ROD.

Three hard boiled eggs, one tablespoonful flour, one-half teaspoonful salt, five slices toast, one tablespoonful butter, one cup milk, one-eighth teaspoon pepper and parsley. Make a thin white sauce of butter, flour, milk and seasonings. Separate yolks from whites of eggs. Chop whites finely and add one-third of them to white sauce. Make circular slices of toast, arrange on platter and pour white sauce over each slice. Pile chopped whites on toast, leaving a small space in center. Force yolks through a fine sieve and put on center of each slice of toast. Pour remainder of white sauce around edge of platter, garnish with parsley and toast points.—Manistee, Michigan, Public Schools.

"How will you have your eggs cooked?" asked the waiter.
"Make any difference in the cost?" inquired Brannigan, cautiously.
"No."
"Then cook 'em with a nice slice o' ham, if you plaise."

EGGS A LA TRIPE.

Two, four or six eggs, according to need. For two eggs: One-half cup milk; fry one-half small onion in butter; do not let brown, just cook; add one scant tablespoonful flour and gradually the hot milk. It forms a fine, thick sauce. Add salt and pepper and hard eggs, halved or grated as you wish, let

all simmer for a few moments.—Miss Florence Parker, Los Angeles, Calif.

BAKED EGGS.

Beat the white to a stiff froth, then stir with a pinch of salt, drop yolks in the center and set in oven five minutes.—Mrs. Geo. A. Cole, Middletown, Conn.

BREAKFAST DISH.

Place strictly fresh eggs in oven, leave ten minutes or until the shells burst. Shell and serve along with baked tomatoes.—Rev. Father Bennett, St. John Rectory, Globe, Ariz.

BUTTERED EGGS WITH TOMATOES.

Choose fine tomatoes of medium size; peel, cut off the tops, remove the center. Beat four eggs with three tablespoonfuls of cream and season with salt and pepper. Set tomatoes in oven to warm. Warm two ounces of butter in a sauce pan, pour in the egg mixture, stir quickly till it begins to set, put in the tomato shells and set in the oven five minutes, serve on croutons of toast, sprinkle with parsley and serve hot.—Rev. Father Bennett, St. Johns Rectory, Globe, Ariz.

CURRIED EGGS.

Cut hard boiled eggs in halves. Fry one small chopped onion and chopped apple in hot butter; add one-quarter cup of pounded almonds, and one pint of milk, mixed with one-half tablespoonful cornstarch. Season with salt and a dessert spoonful of curry powder. Let cook ten minutes, then add the eggs, let all get very hot. Serve with chopped pickle garnish with parsley.—Mrs. M. S. Carpenter, Hackensack, N. J.

DAINTY EGGS.

A dainty way to serve eggs for breakfast, luncheon or tea, is to take round slices of bread, toast them delicately, butter them and dip lightly in hot water. On each round spread the white of an egg beaten stiff with a speck of salt. Make a depression in the center in which place a whole yolk, set it in the oven just long enough to set the yolk and brown the white a trifle. Place on a platter and garnish with parsley.—Manistee Public School.

CHILE EGGS.

Two slices of bacon fried, one onion and one-half can green chile fried with bacon, then add one can tomaties, salt to taste, let cook until onion is tender which takes about half

hour; in the meantime boil one-half dozen eggs hard, remove shells and cut in halves, placing in deep dish; pour chile mixture over and serve. More chile may be added if not hot enough to suit taste.—Mrs. Eve Wheeler, Flagstaff, Ariz.

CREAMED EGGS.

Heat one pint of milk, thicken with tablespoon of flour and a pinch of salt, pour on large platter, have six eggs boiled hard, cut in two lengthwise, arrange in the gravy and garnish with parsley.—Mrs. Lloyd, Sedro Woolley, Wash.

EGGS IN MAYONNAISE.

Serve hard boiled eggs with mayonnaise dressing. Remove the yolks of the eggs, mash them and mix with melted butter, anchovy paste and chopped cold boiled ham and add a dash of paprika. Put this egg paste back into the white part of the egg, arrange on a dish and pour mayonnaise dressing over them. The anchovy paste should be used in proportion of two tablespoons of paste for a dozen eggs. The same amount of ham will be needed.—Contributed.

EGGS IN WHITE SAUCE.

One cup white sauce, six eggs and one-fourth pound grated cheese. To make the sauce melt one tablespoon butter in frying pan; stir in one tablespoon flour and then stir in a cup of sweet milk, stirring gradually until it makes a smooth paste; let this come to a boil. Break the eggs in a shallow earthenware plate which has been buttered, pour the sauce over them, sprinkle the cheese on top and bake in a moderate oven fifteen minutes.—Contributed.

SPANISH EGG FOR ONE PERSON.

Heat a little sweet oil or butter in a small frying pan; cut up the meat of two medium sized tomatoes, some green shallot and green sweet pepper; cut them up very fine; add one third of a tablespoonful of "Chile Powder," then break two fresh eggs into this and season with salt; mix well and serve very hot.—Mrs. E. Pallett, Williams, Ariz.

"Eggs and oaths are easily broken."

BAKED OMELET.

Beat the whites and yolks of four or six eggs separately; add to the yolks a small cup of milk, a tablespoon of flour or cornstarch, a teaspoonful of baking powder, one-half teaspoonful of salt and lastly the stiff beaten whites. Put a heaping tablespoonful butter in a deep granite pan, set on

stove until it melts then pour the omelet into same and bake in a steady oven for twenty minutes.—Mrs. R. C. Wente, Williams, Ariz.

EGG OMELET.

Six eggs beaten separately, butter size of walnut, half cup sweet milk, one teaspoon baking powder, beat into this all the flour it will take.—Mrs. K. W. Williams, Cynthiana, Ky.

BAKED OMELET.

One cup bread crumbs, one-half cup boiling water, mix until soft; three eggs, yolks and whites beaten separately, to the beaten yolks add, one-half cup milk and stir into the bread crumbs, salt and pepper, lastly stir in whites beaten stiff. Bake one-half hour or until a nice brown.—Mrs. Don Reed, Harper, Kan.

BAKED OMELET.

Six eggs beaten separately, two heaping teaspoons flour, one cup milk, butter size of an egg; take of the milk enough to wet the flour; heat the milk to boiling, into which stir the flour paste; add this to the well beaten yolks, also the melted butter, stir in the whites of eggs lightly and bake fifteen minutes, salt when done.—Mrs. J. E. Buckbee, Jr.

OMELETTE.

Six eggs, butter size of small egg, one-half cup sweet milk, dash of pepper, flavor with onion or garlic; one-half can of peas, well drained. Put yolks of eggs, well beaten, butter, milk, salt, pepper and onion or garlic in a pan and place over the fire. When hot add the well beaten whites of eggs. Cook about three minutes, then add the peas, fold together and serve hot. If liked, one teacup of canned tomatoes, well drained, may be used in place of peas.—Contributed.

CHEESE OMELETTE.

Mix three tablespoons flour with one half pint of milk. Add four beaten eggs and one fourth pound of grated or ground cheese, beat together, season with salt and pepper. Fry in hot butter, serve hot.—Mrs. D. Roberts, Williams, Ariz.

CAVIAR WITH EGG.

Slices of toast, the edges piped with beaten egg, caviar sprinkled on top, whole yolk of raw egg dropped in center, baked till set, and served hot.

EGGS STUFFED WITH CAVIAR.

Cut slices of hard boiled eggs, the yolks removed; its place filled with Russian caviar; served on thin slices of buttered brown bread. Garnish with water cress.

FISH

"The silvery fish,
Grazing at large in meadows submarine,
Fresh from the ware now cheers
Our festive board."—Anon.

FISH.

Fish should be dressed as soon as caught. Salt fish must be soaked eight or ten hours, with the skin side up and the water changed two or three times. Fish must not stand after being cooked, but served at once. The usual modes of cooking fish are broiled, baked, boiled, fried and occasionally stewed, though steaming is much superior to boiling. Very large fish are cut into slices or steaks, for frying or broiling. Bake fish slowly, basting often with butter and water. When boiling fish, by adding a little vinegar and salt to the water it seasons and prevents the goodness from being drawn out. Fish to be boiled should be put in boiling water and cook gently or it will break and look badly. Many put fish into a cloth or bag to boil. In frying fish the fire must be hot enough to sear the outside keeping the juices in. As soon as each side of the fish is browned the frying pan can be moved back on the range. In no way is fish more delicious or digestible than when baked, and in no way can it be more easily prepared. With the addition of a dressing or a vegetable a very substantial dinner may be prepared with a minimum of attention, which solves a difficult problem when the housewife finds her time unusually taken up during the hour before dinner. Any of the larger fish in which the bones are coarse are suitable for baking, such as pickerel, cod, halibut and white fish.

FISH BALLS.

Shred two cups cold boiled fish, add one-half cup sweet milk, one cup seasoned mashed potatoes, one well beaten egg. Season to taste add grated onion or a a little Worchestershire sauce. Mix well, make into balls and fry in deep hot fat.—Mrs. W. F. Dermont, Williams, Ariz.

FISH CAKES.

Use equal quantities of shredded cold fish and mashed potatoes, mix well, adding salt, well beaten egg. Mold in the

hands into small flat cake and fry brown in butter. Or make into balls, frying in hot lard or oil.—Contributed.

BAKED WHITE FISH.

Place a whole cleaned fish in baking pan, season with salt, pepper, one-half cup of melted butter, place over it three potatoes cut up. Bake in a moderate oven one hour.—Mrs. J. S. Irvine, Williams, Ariz.

DRESSING FOR FISH.

Brown a large tablespoonful of butter, put one-half cup of fat salt pork through the food chopper, and beat two eggs very light. Mix these ingredients together, add salt and pepper and sufficient bread crumbs to thicken. Seasoning may vary to suit the occasion and the taste. Sliced onion is good, or a few oysters chopped coarse, or parsley, summer savory or tomato catsup may be used. Fill the fish with this mixture, before tying, and make the remainder of the dressing into small, flat balls, and bake in the same dish. Serve on a deep platter with the dressing as a garnish. Thicken the gravy that remains in the baking dish with a little browned flour and serve in a separate dish.—Contributed, Williams, Ariz.

BAKED FISH.

Place fish in bake pan, sprinkle with salt, pepper and chopped parsley, cover with fried bread crumbs and bits of butter, and moisten with rich sweet cream. Then bake until brown on top and serve hot with baked potatoes.

STUFFING FOR BAKED FISH.

One cup bread crumbs one teaspoon grated onion, one teaspoon chopped capers, one-quarter teaspoon each salt, pepper and chopped parsley, moisten with cup stock or milk. Excellent for salmon.—Mrs. W. F. Dermont, Williams, Ariz.

BAKED FISH (FRENCH STYLE).

One five pound white fish. Place in buttered baking pan. cover with two tablespoons butter, two of flour, creamed into a paste, salt and pepper well, add one cup cooked tomatoes, half an onion, garlic, two cloves, small spice, bay leaf, a little celery.—Mrs. J. P. Parker, Los Angeles, Calif.

FRENCH BAKED FISH.

Make a plain bread dressing seasoned only with salt, pepper and a little parsley. Stuff the fish and arrange in baking

pan. Form the remaining dressing into large flat cakes and place in bottom of pan. Pour over all a can of tomatoes seasoned with salt, butter and the merest dash of cayenne. Mince a large head of garlic very fine, and sprinkle over the top. The flavor is very unusual but is liked by most people who are fond of onions.—Contributed, Williams, Ariz.

PLAIN BAKED FISH.

Clean the fish very carefully, place in large dish of salted water and let stand for two or three hours. When ready for baking, remove from the salt bath, rinse with fresh cold water, and dust the inside with flour and a slight sprinkle of salt. Tie the fish in shape with a string, sprinkle the outer surface with flour, and place on a rack in a baking pan. In the bottom of the dish place a little water and a liberal amount of butter. Baste occasionally. Bake from one to one and one-half hours, according to size of fish. Serve whole, garnished with hard-boiled eggs and parsley.—Contributed, Williams, Ariz.

BAKED FISH WITH TOMATOES.

Prepare fish in usual way, omitting the water. Place the fish in a baking dish and put over it three large ripe tomatoes sliced thin. Season with salt and a dash of pepper. Serve in the baking dish.—Contributed.

BOILED FISH.

In boiling fish, one tablespoon salt and one of vinegar should be added to each quart of water and to cover fish which should be sewed in a muslin cloth. The fish should be put into boiling water. Let simmer on back of range until done, allow ten minutes to the pound after water begins to simmer, until done. Place on platter, garnish with parsley, lemon in quarters, slices of hard boiled egg. Serve with cream sauce. —Mrs. W. F. Dermont, Williams, Ariz.

BOILED FISH WITH SAUCE.

Clean and season one whole fish. Put in a cloth and let boil in fresh water with one slice onion, one-half cup vinegar, few slices of lemon, two sprigs of parsley, one tablespoon of butter. Let cook gently until tender. Serve on hot platter, garnished with water cress and slices hard boiled eggs and slices lemon.

Sauce: One tablespoon brown sugar. One pinch each ginger, cinnamon and nutmeg, juice of lemon. Let all boil

up well, add yolks of two well beaten eggs and pour over the fish. Good hot or cold. If any left over make fish balls for luncheon.—Mrs. Dermont, Williams, Ariz.

BROILED FISH.

Open fish down the front, remove the bones, wash and dry. Place on a well greased broiling iron, rub with butter, salt and pepper while cooking. Cook to a delicate brown. Remove from iron carefully. Serve with butter sauce very hot. Garnish with parsley or water cress and lemon.—Mrs. W. F. Dermont, Williams, Ariz.

FISH RAMEKINS.

One and one-half cups shredded cooked fish, one cup milk: pepper, salt, and celery salt, to taste. Heat milk and thicken slightly with tablespoon of flour, cook thoroughly, add the fish, pepper, salt and celery salt. Pour in ramkins, and cover each with rolled cracker crumbs, and bits of butter, also a blanched almond in center of each. Place in oven and brown nicely. This recipe is just enough for six persons.—Miss Rosale Klock, Williams, Ariz.

FISH TURBOT.

Dress and salt thoroughly one good sized white fish, bake in the oven until thoroughly done; pick to pieces very fine. Make dressing of one pint milk, one teacup butter, two tablespoons cornstarch, one teaspoon curry powder, little onion chopped fine, a little thyme. After boiilng, strain; mix the fish lightly with a fork. Cover with fine bread crumbs and bits of butter. Put in the oven until thoroughly hot and brown.—Mrs. J. E. Merritt, Manistee, Mich.

FISH PUDDING.

One can salmon, drain the juice, break up fine, discard the bones, add two eggs beaten lightly, one half cup bread crumbs a little cayenne and salt to taste, one teaspoon melted butter. Put in mold and steam one hour. When ready serve with following sauce.

Sauce: One cup milk thickened with one taplespoon flour mixed with one tablespoon butter, add one egg (beaten), salt and pepper, add salmon juice to make pink color. Garnish with lemon.—Mrs. N. J. Hudson, Los Angeles, Cal.

CODFISH (A LA BARGUAISE).

Soak one pound fish over night in cold water, cook until tender, boil six good sized potatoes, shred the fish, add potatoes, one clove, little garlic, one bunch parsley chopped fine, one small teaspoon each lard, salt, pepper, mix thoroughly. Put one tablespoon each butter, flour, oilve oil in a deep frying pan, when hot put in mixture. Brown lightly, serve in roll as omelet.—Mrs. J. B. Parker, Los Angeles, Cal.

CODFISH AND MACARONI.

Soak one-half pound salt codfish overnight. Steam until tender, remove all bones and break in small flakes. Place a layer of cooked macaroni on a dish, then a layer of fish and a few slices of hard boiled eggs, then more macaroni and a layer of fish on top. Set in a warm place while you make a sauce as follows: One tablespoonful each of butter and flour, one-quarter teaspoonful salt and a little pepper. Stir till creamy, add a cup of hot milk and stir till thickened. Pour over the fish and macaroni, sprinkle with minced parsley, and serve hot.—Mrs. R. Reese, Williams, Ariz.

COD PIE.

Any remains of cold cod, twelve oysters, sufficient melted butter to moisten it, mashed potatoes to fill up the dish. Mode: Flake the fish from the bone carefully, take away all the skin. Lay in a bake dish, pour over the melted butter and oysters and cover with mashed potatoes. Bake for half an hour.—Mrs. T. F. Holden, Williams, Ariz.

FROG LEGS.

Skin, wash and dry nice plump frog legs. Roll in seasoned flour and fry in butter to a nice brown. Serve hot with tartar sauce.—Mrs. William F. Dermont, Wingleton, Mich.

GRAYLING.

Remove scales and fins, leaving head and tail, wash and dry several, one pound graylings. Dredge in flour, and fry whole in butter to a nice brown. Serve hot. Garnish platter with water cress.—Mrs. William F. Dermont, Wingleton, Mich.

BOILED HALIBUT.

Put a piece of halibut weighing two pounds in a sauce pan covering it with fresh water; add one sliced onion, one-half sliced carrot and small bunch mixed parsley, celery, bay

leaf, thyme, one clove. Season with small handful of salt and two tablespoons good vinegar. Put on lid and let it cook gently—but no more than half hour after boiling point, then lift up the fish alone, drain well, dress it on a hot dish.—Contributed, Detroit, Mich.

BAKED LOBSTER.

Stew a fresh lobster from thirteen to twenty minutes. Shred the meat and put it back into the shells. Moisten it with a little lemon juice or cream. Sprinkle over it a few bread crumbs. Bake slightly and serve with the lobster butter.

LOBSTER CROQUETTES.

One can of lobster picked up fine, one egg beaten light, little flour and butter and season to taste. Dip in egg and rolled cracker crumbs. Fry light brown in a little butter and lard. —Mrs. J. L. Richmond, Chicago, Ill.

GRILLED LOBSTER.

Cut a lobster in two. Wash it well and place it on the grill. Add a little butter while grilling ten minutes over a hot fire.

SCALLOPED LOBSTERS.

One large lobster; one tablespoonful of white sauce, or of melted butter if preferred; one-half cupful bread crumbs; one teaspoonful mixed salt, pepper and cayenne pepper. Pick out all the meat. Pound it in a mortar, mixing it with the sauce or butter and seasoning. Split the empty shells of the bodies and the tails. Fill each of them with the pounded lobster. Sprinkle over them a few bread crumbs and piece of butter. Brown in oven.—Mme. Tettrazzini.

ONE WAY TO USE CANNED SALMON.

Place the contents of a one pound can of salmon in a quart bowl or small pan, add to this two well beaten eggs, and one-half teacupful of yellow corn meal, season with salt and black pepper. Make into small patties and fry until brown on both sides. Place on a platter, garnish with parsley. This makes a delicious breakfast dish.—Mrs. G. W. Matthews, Williams, Ariz.

CREAMED SALMON BAKED IN SHELLS.

One can salmon, one cup fine cracker crumbs. Cream sauce: One scant pint milk, two even tablespoons butter,

four heaping tablespoons flour, or two heaping tablespoons cornstarch, one-half teaspoon salt, one-half salt spoon white pepper, one-half teaspoon celery salt, a few grains cayenne, one teaspoon onion juice. Take all bones from the salmon, half of the crackers, enough of the cream sauce to make the salmon quite moist. Put in shells with the rest of the cracker crumbs on top. Serve with parsley and sliced lemon.—Mrs. William Wente, Manistee, Mich.

ESCALLOP SALMON.

Place layer of salmon, (after removing bones and skin,) in bottom of baking dish, then a layer of cracker crumbs, and so on until you have desired amount before putting in the oven; cover with cream. Bake until brown in moderate oven.—Mrse. J. E. Merritt, Manistee, Mich.

SALMON LOAF.

Drain off the oil from a large can of salmon; then pick out the skin and bones; flake the fish and add half the quantity of bread crumbs, one beaten egg, the juice of half a lemon, salt and pepper to taste and four tablespoonfuls of milk, pack in a buttered pan and bake for twenty minutes in a hot oven. Garnish with parsley and serve with white sauce.—Mrs. Joe Atwood, Williams, Ariz.

SALMON LOAF.

Remove bones and skin from a good sized can of salmon, add one egg, well beaten, one cup of cracker crumbs, one-half cup of milk, one tablespoon melted butter, and salt and pepper to taste. Mix well and make into a loaf and steam one hour and a half.—Mrs. F. W. Perkins, Flagstaff, Ariz.

SALMON LOAF.

Pour off liquid from one can salmon; remove bones and skin. Beat with hands until fine and flaky, add one well beaten egg, butter size of an egg, salt and pepper to taste, one-half cupful cracker crumbs. Mold in loaf, bake and serve hot with slices of lemon.—Mrs. Dermont, Williams, Ariz.

SALMON LOAF.

One can salmon, one cup soft stale bread or cracker crumbs, one tablespoon butter, one-half cup milk, one egg slightly beaten, salt and pepper to taste. Remove bones and flake the salmon, then add bread crumbs, butter, salt and pepper and egg. Mix well and add milk slowly. Mold into a loaf and

bake in medium oven one-half hour. A little chopped onion may be added if one likes. If steamed instead of baked it makes a more moist loaf but is not so easy to keep in shape for serving. Serve hot on a bed of lettuce or parsley.—Mrs. Fred H. Perkins, Flagstaff, Ariz.

SALMON PUDDING.

Mince one can salmon ,saving liquor for sauce. Mix together four tablespoonfuls melted butter, one-half cup fine crumbs, pepper and salt, and finally three well beaten eggs, make into loaf, then in buttered tin, set in a pan of hot water. Cover and steam for one hour (in oven), filling the pan with boiling water as it evaporates. Set in cold water a minute and then turn out and serve.

Sauce: Heat one cup milk to boiling and thicken with tablespoonful of cornstarch wet in cold water, add a spoonful of butter, salmon liquor and a beaten egg. Take from fire, season and stand in hot water in covered pan for three minutes. Add juice of half a lemon and pour over loaf.—Miss Dorothy Stark, Williams, Ariz.

SALMON PUFFS.

One small can salmon, two-thirds cup bread crumbs, one tablespoon butter, two eggs, (beaten seperately) the whites folded in last. Bake in gem pans and serve with tomato sauce.—Mrs. W. D. Finney, Williams, Ariz.

SCALLOPED SALMON.

Place in shallow dish, alternate layers shredded salmon and cracker crumbs, season each layer with butter, salt and pepper, add one tablespoon each butter and flour creamed, stir into one cup boiling milk, cook, then stir in one well beaten egg and brown.—Miss Elva Burns, Cliffs, Ariz.

RAMEKIN SALMON.

Take one can salmon, pick fine, removing bones and skin, add one cup good cream, one tablespoon flour and stir all together. Bake in ramekins, in oven; sprinkle cracker crumbs over top before putting in oven.—Mrs. J. E. Merritt, Manistee, Mich.

BAKED SHRIMP.

One can shrimp will make eight individual dishes. Break shrimp in small pieces, salt and pepper to taste, add one small grated onion. Bring one pint milk or cream to a boil, thicken with one tablespoon flour mixed until smooth in one tablespoon butter. When cream is thick pour over shrimp and

mix well. Fill shells with mixture, cover with bread crumbs and dot with butter. Bake until brown.—Mrs. Wm. H. Campbell, Flagstaff, Ariz.

FRENCH PEAS AND SHRIMPS IN WHITE SAUCE.

Take equal portions French Peas and canned shrimps, cutting shrimp in two, mix with white sauce.

White sauce: Mix three tablespoons flour, (level), one-quarter teaspoon salt and a little pepper, melt two tablespoons butter, add the flour, then cup scalded milk. Cook until thick, fill ramekins or pudding dish and sprinkle with grated cheese. Bake until cheese is melted and slightly browned.—Mrs. C. F. Philbrook, Bisbee, Ariz.

BROOK TROUT.

Clean, wash and dry trout of one-half to three-quarter pound each—leaving on head and tail. Dip each in beaten egg, then in seasoned cracker or dry bread crumbs. Keep whole and fry in butter, Serve hot with creamed potatoes.—Mrs. William F. Dermont, Trout Creek, Mich.

DIRECTIONS FOR FRYING TROUT.

Do not cut off the heads and tails. After they have been cleaned and wiped dry, when they come from the stream, put them away. Do not put them in the water again. Keep them cold and do not bring them into the kitchen until you get ready to fry them and not allowed to get warm and limber. Put in plenty of pepper and salt and roll in flour.

Take your heaviest frying pan, and put in a few slices of pork, never use bacon. When the grease is hot put the fish in and never cover them, do not let them burn on the bottom. and turn without breaking them. Let them cook quite awhile so they will be well done and quite crisp, and remove without grease. Sometimes it is better to lay them on a piece of brown paper for an instant to take away the grease. Serve on hot plates. Be cooking the second frying panful when the first goes on the table. Do not garnish the platter. —William B. Mershon, Saginaw, Mich.

GAME

"Who so seeks an audit here,
Propitious pays his tribute—game or fish,
Wild goul or venison, and his errand Speed."—Cowper.

ROAST WILD GOOSE OR TURKEY.

After picking and washing with cold water thoroughly, put in roaster and sprinkle good with flour salt and pepper, (use strips of onion for goose). Then put in a quart of water, cover tight and bake for two hours. Then pour off the broth onto your dry bread broken up fine and when thoroughly soaked, stuff the fowl and return to oven for one hour. —Mrs. J. F. Daggs, Williams, Ariz.

STEWED DUCK, GOOSE, RABBIT, QUAIL OR TURKEY. (CAMP STYLE)

Dress the game, place in a stew pan with quart of water for each pound with salt, pepper, onions (or garlic) over slow fire two hours. Then make dumplings of flour and baking powder, drop in small sections, cook thirty minutes, mix a thin batter of milk and flour for gravy and cook ten minutes and serve at once.—Mr. J. F. Daggs, Williams, Ariz.

RABBIT PIE.

Dress, cut up and wash and wipe the rabbit very dry. Have in a kettle one tablespoonful of butter, one-half small onion, pepper and salt. Brown the rabbit in this, then add water and stew until very tender. Then finish as for chicken pie.—Mrs. P. A. Melick, Williams, Ariz.

"A bird in the hand is worth two in the bush."

TO ROAST SNIPES, WOODCOCKS OR PLOVERS.

Pick them immediately after being killed, wipe them and season them slightly with pepper and salt. Cut as many slices of bread as you have birds; toast brown, butter, and lay in the pan. Dredge the birds with flour and put them in the oven with a brisk fire, baste with lard or fresh butter; roast twenty or thirty minutes. Serve them laid on the toast, and garnish with sliced oranges, or with orange jelly.—Mrs. J. R. Ross, Williams, Ariz.

VENISON WITH CHILI.

Cut one pound of venison steak into small dice, throw into pan with hot lard and fry brown, add one tablespoon of flour

to thicken and two cups of water. Salt and pepper and add teaspoon of ground chili.—A. Willson, Williams, Ariz.

SADDLE OF VENISON.

Put the venison on to bake, with the side which is uppermost when it comes to the table placed next to the pan. Make the following dressing and use as described: Season one pint of bread crumbs with salt and pepper. When the meat is about half done turn it over and make gashes on either side of the bone and stuff with the dressing. Pour over the roast one-half teacup of tomato catsup and a half teacup of black molasses, stir a tablespoonful of whole allspice and a teaspoon of brown sugar, pour this over the meat, then sprinkle bread crumbs over the top, bake slowly, keep well basted until done. Serve with little dots of jelly over top of roast.—Mrs. K. W. Williams, Cynthiana, Ky.

VENISON PUFFS.

Shave the desired quantity of cold venison into very thin small slices, mix thick gravy with a little currant jelly, roll puff paste very thin, cut into square pieces, and in each piece put enough of the meat to fill, season with salt, make them into light puffs, brush each puff with the white of an egg. Bake in hot oven.—Mrs. A. S. Lebsch, Williams, Ariz.

BROILED VENISON STEAK.

Place the venison steak on a hot broiler. When partly cooked, turn pepper and salt. When both sides are seasoned and sufficiently cooked remove from fire, and butter. Serve hot with baked potatoes.—Mrs. Elizabeth Hull, Williams, Ariz., aged 95 years.

ICES, SHERBETS AND FROZEN DESSERTS

"Glittering squares of colored ice, sweetened with syrup, tintured with spice, creams and cordials and sugared dates, Syrian apples, Ottman quinces. Lime and citrons and apricots that are known to Eastern princes. And all that the curious palate could wish pass in and out of the Cedarn doors."—T. B. Aldrich.

APRICOT ICE.

Four cups white sugar, one quart water (boiling), One can apricots (put through a sieve), juice of one lemon. When syrup is cold add fruit and freeze.—Mrs. Jesse Boyce, Flagstaff, Ariz.

LEMON WATER-ICE.

Juice of four lemons, small can pineapple shredded, one and one-half cups sugar, two quarts water, whites of four eggs beaten stiff. Freeze.—Mrs. VanZaudt, San Pedro, Calif.

LEMON ICE.

Boil one pint granulated sugar, one quart water, let it get cold, add juice of four lemons, juice of one orange. Freeze. When nearly frozen add whites of two eggs well beaten and finish freezing.—Mrs. J. E. Merritt, Manistee, Mich.

ORANGE ICE.

Five oranges, five cups sugar boiled to syrup, two tablespoons gelatine, whites of three eggs. Water enough to nearly fill gallon freezer.—Mrs. McDonald Robinson, Williams, Ariz.

ORANGE ICE.

One quart orange juice, one quart water, three cups sugar, one-half box gelatine, (soaked in one cup water fifteen minutes). When dissolved add fruit juice and freeze.—Mrs. W. Patterson, Williams, Ariz.

FROZEN CHEESE BALLS WITH FIGS.

Mash two good sized cream cheeses, and beat them with half a cup of whipped cream till it is smooth. Season with salt and pepper, or sweeten with sugar. Put into a pail or mould in small balls, bury in ice and salt four hours. Serve with a preserved fig placed on top of round ball, or shape to suit.—Mrs. Barney, Williams, Ariz.

PINEAPPLE ICE.

One can grated pineapple, juice of three lemons, one quart of cold water, one egg, three cups of sugar. Freeze.—Mrs. W. Patterson, Williams, Ariz.

PINEAPPLE BISQUE.

Beat the yolks of four eggs with one cup of pulverized sugar, add one pint of whipped cream—stir well until very light. Then add one small can of shredded pineapple. Mix well with a small glass of canned currant juice. Freeze and serve in sherbet glasses. Garnish top of each glass with halved grapes.—Mrs. Dermont, Williams, Ariz.

RASPBERRY ICE.

Two cups water, one cup sugar, juice of lemon, one can red raspberries, boil sugar and water ten minutes. Let cool, then add to juice, strain and freeze.—Mrs. J. Salzman, Los Angeles, Calif.

THREE FRUIT ICE.

Three oranges, three lemons, one-half can peaches, three cups sugar, one cup water boiled to syrup. Fill gallon freezer half full, adding little water. When half frozen add one quart thick cream and freeze.—Mrs. MacDonald Robinson, Williams, Ariz.

HERBERT'S FRUIT ICE.

Put one pound of granulated sugar and one pint of water over the fire, bring to boil, skim and strain. When cold add one cupful strawberry juice, the juice o fone lemon, three tablespoonfuls of orange juice. Freeze.—Mrs. H. C. Sanders, Williams, Ariz.

CREAM SHERBET.

Three pints fresh milk, one pint cream, one quart sugar, four juicy lemons, one teaspoon vanilla. Squeeze lemons, strain and add sugar, dissolve tablespoon granulated gelatine in cold water, then add two teaspoons boiling water. Strain into the mixture just as you are ready to freeze. Do not add milk and cream until ready to turn crank.—Mrs. T. A. Barney, New Haven, Conn.

CRANBERRY SHERBET.

Cook one quart cranberries and one cup water until the berries burst open, then press out juice through cheesecloth. To one pint add the juice of one large orange and one cup sugar

and freeze to a mush. Then open freezer and stir in the white of one egg beaten stiff, and finish freezing. Serve in glasses.—Mrs. Pearson (demonstrator), Bisbee, Ariz.

LEMON SHERBET.

One quart boiling water, one and one-quarter pounds sugar, four lemons, one orange. Boil the sugar and water and grated rind of three lemons together for five minutes. When cool add the juice of the lemons and orange, just before freezing add the beaten white of one egg.—Mrs. Jos. S. Amundsen, Williams, Ariz.

MILK SHERBET.

One pint cream, two scant cups granulated sugar, one quart milk, add sugar to milk, whip the cream and add to sugar and milk, and partially freeze. Then add the juice of three lemons (strained,) and finish freezing.—Mrs. J. D. LaChance, Winslow, Ariz.

MILK SHERBET.

One quart rich sweet milk, two cupfuls sugar, freeze almost hard and add juice three lemons, juice two oranges, beaten whites two eggs, and freeze hard.—Mrs. C. H. Appleton, Williams, Ariz.

ORANGE SHERBET.

Juice of four oranges and two lemons, one cup sugar, two pint cups water. Freeze.—Anon.

PINEAPPLE SHERBET.

One pint of fresh or one can grated pineapple, one pint sugar, juice of one lemon and one pint water. Boil water first and let stand until cold, freeze. When nearly frozen add whites of two eggs well beaten and finish freezing.—Manistee Public School, Manistee, Mich.

PINEAPPLE SHERBET.

Boil two cups water and one cup sugar, dissolve one tablespoon gelatine in cold water and stir in the hot syrup, beat until cold, then add four well beaten eggs, whites, and the contents of a can grated pineapple with the juice of one lemon. Freeze and serve in glasses.—J. W. Baylis, Williams, Ariz.

PINEAPPLE SHERBET.

Chop fine one large pineapple, add one pint of sugar, one pint of water. Soak one tablespoonful of gelatine in water

till dissolved, add all together with one pint of boiling water, and freeze as for ice cream.—Mrs. Elizabeth R. Ashurst, Flagstaff, Ariz.

STRAWBERRY SHERBET.

One box crushed strawberries, one quart water, two and one-half cups sugar, juice of two lemons, white of one egg. Freeze.—Mrs. George A. Cole, Middletown, Conn.

STRAWBERRY SHERBET.

Six Gallons. Twenty-four boxes strawberries, crushed, juice two dozen lemons, syrup made from fifty cents worth sugar, six boxes bromangelon, (orange or lemon), whites of six eggs beaten up and added after mixture begins to freeze. A little pinch of salt.—Mrs. H. F. Adams, Williams, Ariz.

FRUIT MOUSSE.

One pint whipped cream, one cup pulverized sugar, one can fruit cut in dice, one-quarter box gelatine, set in cold to freeze, or pack in freezer. Will freeze in about two hours. Peaches or pineapples are best.—Mrs. Will McIntyre, Phoenix, Ariz.

MAPLE MOUSSE.

Beat whites of four eggs until light, add one cup maple syrup, put in double boiler and cook until it thickens, then set on ice to cool. When cool add one quart whipped cream, and the whites of three eggs beaten to a stiff froth. Blend all together smoothly, pour into a freezer, pack in ice and salt, let stand four hours.—Mrs. C. H. Shultz, Flagstaff, Ariz.

MAPLE MOUSSE.

One cup maple syrup, cook until it threads, do not stir. Pour boiling syrup over well beaten yolks of eggs. When cool add one quart of cream well whipped. Freeze. When partly frozen add whites of eggs well beaten.—Mrs. McD. Robinson, Williams, Ariz.

PINEAPPLE MOUSSE.

To the syrup of one can of pineapple add a teaspoonful of gelatine, which has been dissolved in one half teacup of hot water and the juice of one lemon, one-half teacup of granulated sugar. When the mixture is cold and begins to thicken

add with a spoon three teacups of whipped cream, and three grated pineapples. Put in a mold and pack in salt and ice. After five hours serve.—Mrs. K. W. Williams, Cynthiana, Ky.

FROZEN PEACHES.

One can of twelve large peaches, four coffee cups of sugar, one pint water, whites of three eggs beaten stiff, break peaches rather fine, then stir in the ingredients and freeze. This makes about three quarts when frozen.—Mrs. George A. Cole, Middletown, Conn.

FROZEN RICE.

Boil two cups of rice in ice water, and as it boils away add milk. Cut two ounces of candied cherries fine, and soak in the juice of six oranges. When rice is tender add a little salt, two cups of sugar, the grated rind of two oranges. When cold add orange juice, and cherries, one pint of whipper cream and freeze.—Miss Dempsey, Manistee, Mich.

ICE CREAM.

One quart cream beaten to a froth, whites of four eggs, one-half cup sugar beaten thoroughly together with the eggs, one cup sugar well beaten with the cream. Any desired flavoring. Freeze.—Mrs. W. Patterson, Williams, Ariz.

HOT CHOCOLATE SAUCE FOR ICE CREAM.

One one-half cups powdered sugar, butter size of egg, one-half cake chocolate, one cup cream, one teaspoon vanilla. Rub butter, sugar, and melted chocolate to a cream, boil six minutes, add vanilla, boil a few minutes longer, and strain.—Mrs. T. A. Barney, New Haven, Conn.

CHERRY ICE CREAM (No. 1).

Make a plain rich white cream, and flavor with cherry juice, which must be very rich and sweet. Freeze and serve in glasses, and over each one put a tablespoon finely chopped cherries.—J. W. Baylis, Williams, Ariz.

MAPLE ICE CREAM.

Two cups of maple syrup, yolks of eight eggs, two cups of cream, beat eggs well, add syrup, and boil twenty minutes, cool, add cream and freeze.—Miss Dempsey, Manistee, Mich.

MAPLE ICE CREAM.

One quart of cream, one cup of maple syrup, boil until it threads, yolks of three or four eggs, heat part of cream and pour over well beaten yolks, add hot syrup, and balance of cream, mix well and freeze at once. When partly frozen add vanilla (tablespoon or more) and whites of two eggs. Pour boiling water over shelled almonds, and set aside for a while, then blanch (take skins off) and set in a slow oven to brown a little. Watch closely, then break up with a knife, and serve on top of cream.—Mrs. Riley Wolcott, Winslow, Ariz.

MAPLE ICE CREAM (For a Two Quart Freezer).

One quart cream, two eggs (beaten), one cup maple syrup, stir together and freeze.—Miss Lela Morrison, Los Angeles, Calif.

MOONSHINE.

Juice and grated rind of one lemon, add four heaping table spoons sugar, and the yolks of four eggs, cook in double boiler stirring constantly until like jelly. Have the whites beaten stiff, add the mixture in double boiler to them and beat all together. Freeze.—Mrs. John L. Vanzandt, San Pedro, Calif.

STRAWBERRY ICE CREAM.

Three quarts ripe strawberries mashed and put thru sieve, one pint of granulated sugar, let this stand two hours, then add one quart cream and freeze, (makes three quarts).—Mrs. W. Patterson, Williams, Ariz.

STRAWBERRY ICE CREAM.

Put in the double boiler: One quart rich sweet milk. Let it become very hot and add two cupfuls granulated sugar, one-quarter box dissolved gelatine, yolks four eggs well beaten. When scalding hot remove from the fire and cool, after which add one quart whipped cream, to this add two quarts nice ripe crushed sweetened berries. Freeze in the usual way. Serve in cantelope cups with small dice of the cantaloupe on top, with a very large ripe strawberry on the very top.—Mrs. Wm. F. Dermont, Williams, Ariz.

VANILLA ICE CREAM.

Place in the double boiler, one one-half quarts rich sweet milk, one-quarter box dissolved gelatine. Sweeten to taste. When scalding hot add three well beaten eggs, stirring con-

stantly for two or three minutes. Remove from the fire and when cool add two quarts rich whipped cream. Flavor with vanilla, adding more sugar if necessary and freeze in the usual way. If desired mold in large mold or in smaller individual moulds. Serve plain or with chocolate—nut sauce. Corn starch loaf cake eaten with above is most palatable.—Mrs. Wm. F. Dermont, Williams, Ariz.

MAPLE PARFAIT.

(Enough for 10 persons). Beat the yolks of ten eggs very light and add a large cupful of maple syrup, put over the fire and cook till it thickens, then take it off and beat till cold, add quickly a quart of cream beaten till perfectly stiff and pour it into a two quart melon mold. Pack in ice and salt for six hours. Serve with sunshine cake. This can be frozen in a freezer if your cream is not thick.—Mrs. William Wente, Manistee, Mich.

MAPLE PARFAIT.

Pour three-fourths of a teacup of maple syrup over six well beaten eggs. Cook until begins to thicken, pour out and beat until light, then pour in two teacups of whipped cream. Put this in a mold and pack in salt and ice. Let it remain several hours then serve.—Mrs. K. W. Williams, Cynthiana, Ken.

RASPBERRY PARFAIT.

One teacupful rich whipped sweet cream—two days old, one teacup crushed ripe raspberries, sweetened to taste. Line the sides of chilled, tall, individual glasses with moderately frozen vanilla ice cream. Fill this vacancy with chilled crushed raspberries. On the top put whipped cream with ripe, red raspberries. Serve at once. Any desired fruit may be used.—Mrs. Wm. F. Dermont, Williams, Ariz.

ICINGS

"Whatsoever thy hand findeth to do, do it with thy might."
—Bible.

BOILED ICING.

One cup sugar, four teaspoons boiling water, one-quarter teaspoon cream of tartar white one egg, one-half teaspoon vanilla.—Mrs. A. W. Richardson, Los Angeles, Calif.

CARAMEL CAKE FROSTING.

One cup light brown sugar, one-third cup granulated sugar two-third cup thin cream, one-half teaspoon vanilla. Put first three ingredients over fine in sauce pan and stir until dissolved, then cook, stirring occasionally to prevent burning, until it will form a soft ball when tried in cold water. Pour on a platter, add vanilla and beat until the right consistency to spread. Add nuts before spreading if desired.—Mrs. Scott Mitchell, Kansas City, Mo.

CARAMEL ICING.

Two cups brown sugar, one-half cup cream. Piece of butter size of walnut.—Mrs. Wm. Daze, Winslow, Ariz.

CARAMEL FOR CAKE.

One dessert spoonful butter, one teacup brown sugar, two tablespoonfuls grated chocolate, one-fourth cup milk. Boil twenty minutes.—Dorothy Stark, Williams, Ariz.

LIGHT CHOCOLATE FROSTING.

Add to the white icing, one eighth of a square of Baker's chocolate, dissolved and cooled before adding. While this is delicious it is also very pretty.—Miss Charlotte Wickstrom, Hartford, Conn.

CHOCOLATE ICING.

Beat stiff the whites of two eggs, add one cup sugar six tablespoons grated chocolate, put on when cake is cold.—Mrs. Geo. Barney, Wiliams, Ariz.

COCOA FILLING.

One tablespoon cocoa, one cup powdered sugar, three tablespoons milk, one teaspoon vanilla.

CARAMEL FROSTING.

One and one-half cups brown sugar, three-quarter cup milk, one-half tablespoon butter, Cook until a ball is formed when mixture is tried in cold water. Beat until ready to use.—Mrs. Finney, Williams, Ariz.

DIVINITY FRUIT ICING.

One cup brown sugar, one cup white sugar, the beaten whites of one one-half eggs. Boil brown sugar with a little water until it hairs from the spoon. Pour over the beaten whites, beat until it begins to thicken, then pour over the boiling white sugar—boiled until it threads—and beat until it thickens ready to spread. Add a cup of chopped nuts, figs, raisins and dates and spread on cake.—Miss Sutherland, Tarkio, Mo.

DRESSING FOR CAKE AND SHORT CAKE.

Put into a deep bowl or basin one heaping cup of fresh strawberries, crush them thoroughly with a fork or potatoe masher, add one cupful of sugar and the unbeaten white of an egg. Beat with an egg beater until light and serve as a dressing over loaf cake.—Mrs. C. M. Glowner, Williams, Ariz.

FUDGE FROSTING.

One-half tablespoonful of butter, one-half cup unsweetened cocoa, one and one-fourth cupfuls confectioner's sugar, one-fourth cup milk, saltspoon of salt. Melt cocoa, sugar, butter, salt and milk and boil eight minutes. Remove from fire, add vanilla, beat until creamy and pour over cake one-fourth inch thick.—Mrs. Brophy, Williams, Ariz.

LEMON HONEY.

One cup sugar, well beaten egg, add the grated rind and juice of one lemon, butter size of a hickory nut; melt all over a slow fire, stir rapidly until as thick as honey. This is very nice to spread on layer cake.—Mrs. Eva Wheeler, Manistee, Mich.

MAPLE ICING.

One pound of moist maple sugar, melt in hot water, let boil until it reaches the soft ball stage, pour in fine stream over the whites of two eggs, beat until foamy, spread on the top of cake.—Mrs. Thiermann, Adrian, Mich.

MAPLE FILLING.

One cup sugar, one cup maple syrup, let boil until will spin a thread, then pour over the whites of two eggs, beaten

stiff, beating all the time. Is very good. One may add chopped nuts if they wish.—Mrs. Eva Wheeler, Flagstaff, Ariz.

BOILED FROSTING.

One and one-half cupful granulated sugar, eight tablespoonfuls cold water. Boil until it threads or hairs, then beat into the beaten white of one egg, then syrup, until it is stiff enough to spread.—Miss Lydia Nelson.

ICING.

One and one-half cups sugar, one-half cup milk, teaspoon butter, cooked enough to form a ball dropped in water. Beat till thick and creamy. Put between layers and on top.—Mrs. C. B. Hollaway, Phoenix, Ariz.

MARSHMALLOW FROSTING.

As soon as cake is removed from pan cover bottom with marshmellows pulled apart with the tips of the fingers but not quite separated into halves. The exposed soft surface will quickly adhere to hot cake. Cover with boiled icing.—Mrs. A. W. Richardson, Los Angeles, Cal.

MOCHA FILLING.

One cup strong coffee, one and one-half cups sugar, one scant cup of butter with salt washed out in cold water, yolk of one egg. Boil coffee and sugar until very stiff (beads), cream egg and butter together. Pour boiling syrup into butter and egg like any icing.—Miss Retta Beasley, Flagstaff, Ariz.

MOCHA FILLING.

One cup of powdered sugar, one-half cup of butter, two tablespoonfuls warm coffee, two tablespoonfuls of cocoa or chocolate.—Mrs. John Clark, Flagstaff, Ariz.

UNCOOKED ICING.

Three cups of powdered sugar, two tablespoons of milk, three tablespoons of melted butter; any flavoring desired. Beat for about ten minutes.—Mrs. Ross Barnard, Williams, Ariz.

STRAWBERRY ICING.

Take six large juicy strawberries, crush with fork; add powdered sugar to stiffen. Nice to put any cake together with, especially a white one.—Mrs. Eva Wheeler, Flagstaff, Ariz.

TUTTI FRUTTI CAKE FILLING.

Three cups sugar, one cup hot water, one tablespoon glucose, thirty-two marshmallows, one-fourth pound chocolate creams, one-fourth pound crystallized fruit, whites of three eggs, one cup of walnuts chopped fine. Cook sugar, water and glucose until it threads, add marshmallows. Have the eggs beaten light; when the marshmallow is soft, pour over the eggs. Beat until almost cool, add the nuts, creams and fruit.—Mrs. D. B. Thurston, Manistee, Mich.

WHITE ICING.

Put in sauce pan on the range, two cups granulated sugar with seven tablespoonfuls of cold water. Boil until it hairs. Beat very stiff the whites of two eggs. To this add the syrup gradually, beating hard and constantly until it will spread nicely. Add teaspoon vanilla if desired.—Miss Charlotte Wickstrom, Hartford, Conn.

DIET FOR TYPHOID CONVALESCENTS.

The first week after temperature subsides the patient may be given corn meal gruel, arrowroot, with milk, sago and rice.

Second week the patient may have oysters, claims, raw eggs with milk, milk toast and toasted crackers.

The patient should wait until ten days after temperature subsides before taking solid food, beginning with scraped beefsteak, poached eggs on toast and gradually increasing until normal diet is established.

The first week a convalescent patient should have plenty of fresh air and sunshine, soda baths daily and alcohol rubs, and may be permitted to sit up a little the latter part of the first week.

The second week a convalescent patient may be taken out in the open air and permitted to remain two or three hours at a time in a reclining position.

Should abnormal temperature return if the patient has been given solid food such food should be discontinued.—N. H. Morrison, Chief Surgeon, A. T. & S. F. R. R., Los Angeles, Calif.

DISHES INVALIDS WILL ENJOY

APPLES IN GRAPE JUICE.

Apples, grape juice, cream. You cannot have this in perfection unless you start with some sound apples. Pare them carefully. Have a little sweetened, unfermented grape juice boiling, and cook the pared apples in the juice until they have become tender. Then lift them carefully and place them on the serving-dish. Boil down the juice until it has become quite thick, and pour it over the apples. Serve cold with or without cream. If preferred, soft custard may be substituted for cream.

BARLEYADE AND JELLY.

One-half pint of Pearl barley, three pints of water, one tablespoon of orange juice, seasoning. Carefully pick over the barley and then wash it. Cover with three pints of water and cook slowly for two hours; then pour off a teacupful, strain it and sweeten to taste. Add a pinch of salt and the orange juice. It will be palatable and nutritious. Let the remainder of the barley cook until it is soft enough to pass through a sieve, adding more water if necessary; then salt it, sweeten and flavor slightly with nutmeg. Pour into a mould, and when it is cold serve with thin cream, milk, or any ripe fruit juice, sweetened.

SCRAPED BEEFSTEAK.

One-half pound of beefsteak, butter, salt and pepper, parsley.

This is quite simple and generally proves most acceptable, but to have it in perfection it is necessary that the pan should be very hot, the cooking done quickly, and the dish served just as soon as it is ready. The steak may be from the round, but must be juicy. Scrape off with a knife or spoon enough to make a cake of small size, about three-quarters of an inch thick. Take some of the meat from which you have scraped the material for this cake and cut it into pieces about an inch or two sqaure. Have at hand a very hot frying-pan and sear your pieces of meat on it. Having done this, put the meat in a lemon-squeezer and squeeze the juice out on the scraped beef. Now mix this beef and the juice together until you can shape it into a cake, taking care that you have a clean frying-pan very hot. Put in the cake and turn it once or twice with a pancake lifter. Have

ready two hot plates. Put the cake on one, add salt, pepper and butter, garnish with parsley and cover with the second hot plate. Serve without delay.

CLAM BROTH.

One quart of clams, one-half cupful of cold water, one-half cupful of milk. It is best to use the long-neck clams, as the round ones have not the same delicate flavor. Wash them thoroughly in cold water; then put them in a stewpan and add the half cupful of cold water. Let them boil up quickly for five minutes; then drain off the juice and strain it through a cheese-cloth. Put in a clean saucepan, and, after adding the milk, let it heat just to the boiling point. It should be served immediately, as it will lose a part of its flavor by standing or by being reheated. It is well to serve it in a bouillon-cup with unsweetened wafers.

MAPLE CUP CUSTARD.

One-half pint of milk, one tablespoonful of sweet cream, one egg, one tablespoonful of maple sugar. With the quantities of ingredients mentioned above two cups of delicious custard may be made. The sugar should be scraped from the cake and then measured. After beating the egg and sugar together thoroughly add the milk and cream. Then fill the cups, setting them in a dish of hot water, bake in a slow oven until the custard set—say, about forty minutes. Take a little care and the result will be perfectly satisfactory.

DATES WITH CREAM.

Wash a few dates thoroughly in several waters, and, after removing the stones, cut each date into two or three pieces, using a sharp knife. Place in a small bowl and add enough cold water to soak them well. Set this over a tea-kettle of boiling water for half an hour or more, so that the dates will swell and become soft and tender. When ready to serve, add sufficient cream or milk to take away the over-sweet taste.

GRUEL.

One pint of milk, one teaspoonful of flour, one teaspoonful of yellow cornmeal. You will need to have rather a generous measure of milk. Put half a cupful aside, and heat the rest in a double boiler. When it has become scalding hot stir into it the flour and cornmeal made smooth with the cold milk you reserved. Stir occasionally while it cooks for two hours, and before straining add a pinch of salt. The long cooking is the secret of success in preparing this gruel.

BEEF JUICE.

Cut one pound beef into small cubes, place in an earthen bowl, keeping at medium heat for twelve hours. When the juice has been extracted, clarify with boiling water and salt to taste.—Miss Tomasito J. Jinso, Williams, Ariz.

SCALLOPED OYSTERS.

Six oysters, grated breadcrumbs, butter, seasoning. Of course you must be very particular to see that the oysters are nice and fresh. Beard them and take away the muscle; then, after covering a small saucer with the bread-crumbs, which should be fine, put the oysters on the crumbs and season with a very little cayenne pepper and salt. Add a few drops of good vinegar or lemon juice to the oysters; then cover with the bread-crumbs and dot with tiny pieces of butter. Cook for five minutes in a quick oven, or until the crumbs have turned a light brown. The beard or frill of the oyster when cooked curls up into a hard, rather indigestible piece, and spoils the delicate flavor of the dish. That is why it should be removed at the very start.

CREAM PUNCH.

One-half teacupful of fresh milk, one-half teacupful of cream, one teaspoon of sugar, one egg. Put the milk into a pint preserving-jar and add the egg, cream and sugar. Fasten the top on the jar carefully, and shake well for a couple of minutes; then pour into a glass and serve immediately. In cases of typhoid fever you should take especial care to leave out the yolk of the egg unless the attending physician says it would be perfectly proper to give it to the patient.

TAPIOCA PUDDING.

One-fourth cupful of tapioca, one pint of milk, two tablespoonfuls of sugar, one egg, salt. The tapioca should be measured rather scantily, and should be soaked in cold water over night. In the morning add the milk, and cook for one hour in a double boiler; then add a pinch of salt and the sugar, which should be measured level and beaten with the yolk of the egg. Stir for one minute, then take from the fire. When the pudding is almost cold, beat the white of the egg quite stiff and fold it in. Flavor to taste.

RAW BEEF SANDWICH

A small piece of steak, two slices of bread, butter, seasoning. Sandwiches made in this way taste good and are quite nourishing. Usually the patient has no idea that the meat has not been

cooked. Lay the steak on a board and scrape both sides with a dull knife, leaving the tough sinews. Season with salt and pepper. Toast two slices of bread, and when you have buttered them spread the scraped meat on the toast. Turn the two slices together like a sandwich, cut them in strips, place them in the oven for a minute and then serve.

CREAM OF CELERY SOUP.

One pint of chicken or veal stock, one bunch of celery, one small piece of onion, one tablespoonful of butter, one tablespoonful of flour, one cupful of milk, one cupful of cream, salt and pepper. With these ingredients enough soup may be made to serve one person three or four times. After cleaning the celery cut both it and the onion fine. Put into a saucepan with the stock and let it simmer slowly for half an hour. Beat the butter and flour to a smooth, light cream. Stir into this a few spoonfuls of the stock; then add this mixture to the soup. Boil for ten minutes and rub through a fine sieve. Return it to the saucepan and add the milk. When this boils add the cream and heat the soup just to the boiling point. Season to taste with salt and pepper and serve at once. In case you intend to serve the soup several times return to the saucepan only half a cupful of the strained soup, adding a quarter of a cupful each of milk and cream and heating to the boiling point. The remainder of the soup may be kept in a cold place. Milk and cream being added and the soup heated when required.

TOMATO SOUP.

One cupful of tomatoes, butter, tiny pinch of soda, one cupful of milk, salt and pepper. Strain the cupful of tomatoes through a fine sieve in order to get rid of all the fiber and seeds. Pour the liquid into a granite kettle and add a piece of butter the size of a walnut. Heat to the boiling point. Add the soda, stirring well; and when the tomato stops foaming add a cupful of hot milk and salt and pepper to suit your taste. If you like, a tablespoonful of cracker crumbs may be added also. Serve at once.

BEEF TEA.

One pound of round steak, one and one-fourth pints of cold water, seasoning. It is best to have the meat from the hind quarter. Beat it thin. Let an ungreased skillet or frying-pan get smoking hot, and lay the beef in it for a few minutes, until it turns whitish on the under side; then turn it over and let the other side get in the same condition. When this has been done

remove it from the fire at once. Cut it in small pieces, and, covering it with the cold water, cook it at the back of the stove, where it will be just below the boiling point, for three of four hours. Salt to taste. If you wish the broth very delicate remove the bone before simmering the beef.

ALBUMEN WATER.

Whites of two fresh eggs, juice of half a lemon, cracked ice. During convalescence the doctor often orders eggs, eggs, eggs, and sometimes it is difficult to induce the patient to accept them. As is frequently the case that the white of the egg is the part which is most desirable for the patient, the following recipe may be used when everything else has failed: Put the unshaken whites of two fresh eggs in a lemonade-glass. Add the lemon juice and put in enough cracked ice to make the glass half full. Sweeten with especial care, as patients generally make more objection to too much sugar than too little. Place a shaker over the glass and shake until the whites are thoroughly broken up, but not too foamy. Put in enough cold water to fill the glass and give to the patient at once.

JAMS AND JELLIES

"Sweets to the Sweet."

GRAPE CONSERVE.

Five pounds grapes, five pounds sugar, one pound seedless raisins, four oranges. Cook pulp of grapes and remove seeds. Remove peel and seed of oranges and cut fine. Mix pulp and skins of grapes, oranges and chopped peel, raisins and sugar. Cook one-half to three-fourths of an hour. Do not use any water.—Mrs. Don Reed, Harper, Kans.

GRAPE CONSERVE.

Three pounds Concord grapes, stemmed. Pulp and cook, then run through a sieve to take out seeds. To this pulp add skins, and three pounds granulated sugar, three oranges chopped fine, one teacup chopped English walnuts. Cook all together until thick like grape butter.—Mrs. Julia S. Peet, Monticello, Ind.

PLUM CONSERVE.

Four quarts of plums, six oranges sliced thin, one pound seeded raisins chopped, one pound chopped walnuts, one pound sugar to every pound of fruit. Cook until thick.—Mrs. A. G. Rounseville, Williams, Ariz.

MATRIMONIAL JAM.

One pound plums, one pound apples, one pound pears, three pounds sugar, ginger root to taste. Boil all together one hour, and put in glasses like jelly.—Miss Filer, Manistee, Mich.

CURRANT AND ORANGE JAM.

Five pounds currants, five pounds sugar, one and one-half pounds seeded raisins, four oranges chopped, rind and all. Cook twenty minutes after it begins to boil.—Mrs. Henry Marsh, Manistee, Mich.

ORANGE-CURRANT-RAISIN JAM.

Five oranges, three quarts currant juice, two pounds chopped raisins, grate rind of oranges and use pulp; five pounds sugar. Simmer six hours.—Mrs. Geo. A. Cole, Middletown, Conn.

GRAPE MARMALADE.

Four pounds pulped grapes, two pounds sugar, four oranges chopped, one pound raisins. Cook till thick.—Mrs. T. A. Barney, New Haven, Conn.

ORANGE MARMALADE.

Six oranges sliced fine, six pints of water. Let this stand twenty-four hours, then boil forty-five minutes. When this stands twenty-four hours add one pint of liquid and boil two and one-half hours. When almost cooked add the juice of one lemon to every four or five oranges.—Mrs. Jas. S. Elder, Mayer, Ariz.

ORANGE MARMALADE.

Select nice fresh fruit and slice very thin, skins and all; one orange, one lemon, and one grape fruit, omitting part of the rind of the grape fruit. Measure and add three times the amount of water. Let stand twenty-four hours, then bring to a boil and cook ten minutes. Let stand another twenty-four hours, then measure and add equal amount of sugar and boil till it jellies.—Mrs. Fred Ferguson, Williams, Ariz.

ORANGE MARMALADE.

Select fresh, plump, heavy fruit. Wash, discard tips and stems, slice in pieces about one-eighth inch thick and one to two inches long. Put into granite preserving kettle, add the water. Set in cool place twenty-four hours. Second day divide into two kettles, place over a hot fire, boil briskly until the peel is perfectly tender. Set aside twenty-four hours. Third day measure the fruit, return to the two kettles, bring to boiling point, add equal measure of sugar, boil briskly about two minutes or until it drops thickly from a spoon as any jelly. This receipt calls for three good sized oranges, one and one-half good sized lemons and three quarts water with sugar.—Mrs. W. T. Mayfield, Denver, Colo.

ORANGE MARMALADE.

Equal weight of oranges and sugar. Grate the yellow peel off half the oranges. Peel the yellow off other half and cut in small strips. Boil the cut peel in three different waters till tender. After removing all the tough white skin cut the pulp in small pieces. Put this in a colander and let juice run through on the sugar. Boil sugar for about ten minutes, adding a little water it necessary; skim well and then add the pulp and grated peel; after boiling six minutes add the cut peel and boil fifteen minutes. If oranges are very sweet add before cooking, the juice of two or three lemons or grape fruit. Put in jelly glasses. It grows better with age.—Mrs. Charles O. Lacy, Seattle, Wash.

ORANGE MARMALADE.

Boil seven oranges and five lemons until a straw will pierce them. Throw away the water, open the fruit, take out the pulp, removing every seed. Cut the rind in very small slivers and add to the pulp. To two pounds of this add three pounds of white sugar and boil until clear.—Mrs. Wm. Hayward, Los Angeles, Calif.

ORANGE MARMALADE.

Slice six oranges and three lemons very thin, rejecting rough ends and seeds. To each pound of fruit add one and one-half pints of water. Let stand twenty-four hours. Boil gently until skins are tender. Let stand another twenty-four hours. Then to each pound of mixture add one and one-half pounds sugar. Cook until syrup jellies and skins are transparent.. Makes twenty-four glasses.—Mrs. F. W. Sisson, Lolomai Lodge, Oak Creek, Ariz.

PINEAPPLE MARMALADE.

Peel, core and shred the pineapple and allow a pound of granulated sugar to each pound of the fruit. Mix well and let stand over night in a preserving kettle. In the morning let it boil slowly or simmer for half or three-quarters of an hour or until clear and amber colored. Put in small glass jars.—Mrs. Fred Ferguson, Williams, Ariz.

PINEAPPLE MARMALADE.

Peel, core and grate the pineapple, weigh, and allow a pound of granulated sugar to a pound of the fruit. Mix well and let stand in the preserving kettle over night. Boil or simmer half or three-quarters of an hour until clear and amber colored. Cool and put in jars. Fine.—Miss Clara Stuntz, Madison, N. J.

PRESERVED TOMATOES.

Seven pounds tomatoes, six pounds sugar, juice of three lemons. Peel tomatoes and let all stand together over night. Drain off all the syrup and boil, skimming it well, then put in the tomatoes and boil gently for half an hour. Take out the tomatoes with skimmer and spread on dishes to cool. Boil syrup till thick, put tomatoes in jars and fill with syrup.—Mrs. A. O. Wheeler, Manistee, Mich.

FINE JELLY.

One quart red currant juice and one pint strawberry juice mixed, use equal parts of juice and sugar, boil.—Mrs. Lloyd, Sedro-Wooley, Wash.

APPLES IN JELLY.

Use only rich, red apples, that are tart. Boil together two cups of sugar in one cup of water until it spins a thread. Quarter the unpared apples and drop into the hot syrup. Cook until clear. Remove the apples to a glass dish. Boil the syrup until it is a jelly, and flavor with lemon juice. When partly cool, pour the syrup over the apples and stand away in a cool place. A bit of lemon rind cooked with the apples adds to the dish if one is careful to remove the inner bitter part.—Mrs. Robert Finnie, Soda Springs, Ariz.

CHERRY JELLY.

Drain a can of preserved cherries. Put the fruit in a mould and add one tablespoon gelatine to a large pint of juice (heated). Pour over cherries and set on ice. If necessary, add more sugar. Serve with cream.—J. W. Baylis, Williams, Ariz.

CRANBERRY JELLY.

Select and wash cranberries. Put in preserving ketle with enough boiling water to cover them and boil twenty minutes or more. Remove from fire and strain while hot. To one quart of the liquid add two cupfuls sugar. Boil good fifteen minutes. Strain hot through cheesecloth into moulds to cool. —Miss Charlotte Wickstrom, Hartford, Conn.

GRAPE JELLY.

One quart wild grape juice to one quart sugar. Boil about twenty minutes. Have grapes part green and part ripe.—Miss Rose B. Cantelo, Lolomai Lodge, Oak Creek Canyon, Ariz.

LEMON JELLY.

Grate the rind of two lemons; juice of two lemons, yolks of three eggs, one cup of sugar. Put in double boiler, stir well, cook till thick. Will keep three weeks.—Mrs. W. Patterson, Williams, Ariz.

MINT JELLY.

Wash a handful of mint leaves and boil in a pint of water. When the flavor is extracted, add a cup of sugar, a cup of vinegar, salt, a dash of paprika, one-fourth package of gelatine dissolved in cold water. Strain, pour into a mould. Let stand to harden. Serve with lamb.—Mrs. D. J. Brannen, Oceanside, Calif.

TOMATO JELLY.

Three-fourths box gelatine (scant measure), three-fourths cup cold water, one can tomatoes, one-half of an onion, one stalk celery, two tablespoonfuls vinegar, a few grains cayenne. Soften the gelatine five minutes in the water. Cook together the other ingredients—excepting the vinegar—ten minutes. Add the vinegar and softened genatine, stirring until dissolved, and then strain. Pour into a mould. This jelly may be used for meats, as a salad or cut as desired, and used as a garnish. —Mrs. Jos S. Amundsen, Williams, Ariz.

TOMATO JELLY.

Drain the liquid from one can of tomatoes; to this juice add one box of gelatine. Season to taste with pepper, salt, sugar and lemon juice. Set aside until the liquid jellies.—Miss Bertha Peet, Monticello, Ind.

SPICED GREEN GRAPE JELLY (To Serve with Meat).

Use grapes which are colored, but under ripe, picked from the stems. Eight quarts of grapes, one quart of vinegar, two ounces of cinnamon bark, one ounce of whole cloves. Cook well, strain, let stand over night, strain again. To one pint of juice use one pint of sugar.—Miss Rose B. Cantels, Lolomai Lodge, Oak Creek, Canyon, Ariz.

MEATS

Broiled meats should be placed on a hot broiler, over red hot coals free from smoke, giving out a good heat, but not too brisk, or the meat will be hardened and scorched. Again, if the fire and coals are too low, the gravy will escape on the coals, creating a blaze and blackening the meat. When both sides are broiled, lay on hot dish, butter, and serve hot.

When roasting beef, have a good brisk fire, in order to retain the juices. If the beef is tough, it will take longer with a slower fire. Roasts should be put in the baking pan with very little water using suet under the roast and browned flour and suet on top. Baste frequently. Or roast in a patent roasting pan.

Boiling meat should be put in hot water to retain the juices and kept boiling until done. When a scum rises, skim off or it will boil into the meat and discolor it. Salt meat takes longer to boil and should be put in cold water. When boiling mutton or veal for stew, put it in hot water to cook. Soup bone must always be put in cold water, and boil slowly.

Lamb, mutton, veal and pork should be cooked slower than beef. An onion sliced and put on the top of roasts—especially pork, gives it a nice flavor.

Frying meats should be put in the skillet with little hot butter or fat. Many people emerge the meats in hot lard.

"How many ways can you serve meat?"
"Three, mum!"
"What are they?"
"Well done, rare and raw!"

BACON COOKED IN THE OVEN.

Lay the bacon, cut in very thin slices, on a double broiler, close the broiler, and set it in a moderate oven over a dripping pan. Let it cook until a delicate brown and crisp. Serve at once.—Mrs. Geo. Barney, Williams, Ariz.

SCRAMBLED BRAINS.

Place in cold water three or four sets of sheep brains till all the blood is drawn out. Remove all skin. Put in sauce pan to boil, add an onion, garlic, small garden boquet, salt and pepper to taste. Boil well for fifteen minutes. Drain off all water and put in a hot dish. Have a frying pan red hot and throw in two good tablespoonfuls butter, brown nicely, then add one

teaspoonful vinegar. Pour this over the brains. Serve hot. From what is left over, delicious brain fritters can be made. —Contributed, Los Angeles, Calif.

CALF'S BRAINS.

Place three calf's brains in cold water, and then peel off the skins. Wash again in cold water and dry. Put in sauce pan and cover with cold water. Add salt, one-half cupful vinegar, one sliced carrot, thyme, bay leaf, twelve unground pepper seeds. Boil ten minutes, drain well. Cut each brain in two. Dress platter with parsley. Serve hot. Or put black butter, or tartar sauce over platter.

Butcher, to boy—"I say, Pat, have you delivered Mr. Smith's joint, and Mrs. Jones's ribs?"

"Yes, sir."

"That's right. Don't forget to cut off Mrs. Brown's skirts, and weigh Mrs. O'Malley's pigs' feet."

BEEF A LA MODE.

Three pounds pot roast, two medium sized onions, one-half dozen carrots, one-half dozen potatoes, salt and pepper. An iron kettle is preferable. Put butter in kettle and when hot place the roast in and let it brown on both sides. Then add sufficient water from time to time to keep it simmering. When half done put the carrots in that have been prepared by scraping and cutting lengthwise. Put in the onions (sliced or whole) with the carrots. When these are nearly done, add the prepared potatoes cut lengthwise. After the meat and vegetables have been removed add flour to liquid which makes a delicious gravy.—Mrs. E. H. Duffield, Williams, Ariz.

BEEF LOAF.

Two pounds of rare beef and one-fourth pound of salt pork chopped fine, then crackers rolled and sifted, add salt and pepper, one egg well beaten. Mix these together and make into a loaf, roast and baste like other meats.—Mrs. E. Pallett, Williams, Ariz.

BEEF LOAF.

Grind fine three pounds of beef, add one onion minced, six slices of dry bread crumbed fine, one tablespoonful of celery salt, sage and ground chili, salt and pepper to taste, then cut several pieces of salt pork about four inches long a half inch thick and one inch wide, place over the loaf, cover and cook in the oven for about one hour and a half, then remove cover and brown, serve hot. It is also very nice to slice cold.—Mrs. R. S. Teeple, Holbrook, Ariz.

BEEF LOAF.

Three pounds round steak, ten cents worth of lean pork, four crackers rolled fine, two eggs beaten up to a froth, salt and pepepr to taste. Onion may be added if preferred. Cook one and one-half hours.—Mrs. F. Machleb, Anaheim, Calif.

BEEF LOAF.

Grind very fine one pound of round steak, three slices of stale bread and a little onion, add one egg well beaten, one cup of milk, small piece of pork (ground), butter size of walnut, salt, pepper, sage to taste. Bake an hour. Baste frequently. —Mrs. Geo. A. Coles, Middletown, Conn.

BEEFSTEAK, THICK.

Cut in strips, pound, lay in cold water five minutes. Have plenty of suet very hot. Press meat in flour and fry brown without salt. This is fine.—Miss Retta Beasley, Flagstaff, Ariz.

SMOTHERED BEEFSTEAK AND VEGETABLES.

Place a steak in roaster and cover with enough carrots, potatoes and turnips cut in dice for the meal, one onion sliced thin, salt and roast all as a four pound roast of beef.—Mrs. Loyd, Sedro Woolley, Wash.

SPANISH BEEFSTEAK.

Cut a round beefsteak two inches thick. Broil over the coals allowing ten minutes to a side and turning but once. Before putting in the broiler dip the steak in olive oil. Place in a baking pan, sprinkle with salt and pepper. Cover with a layer of sliced onions and again season with salt and pepper. Bake in oven ten minutes, cover with chopped tomatoes and bake fifteen minutes and cover with grated cheese. Allow cheese to melt and brown. If you have large earthen platter the steak should be baked on this and served in sauce.—Mrs. W. D. Finney, Williams Ariz.

BROWN RIBS OF BEEF.

Boil ribs about four hours, then put in baking pan, slice around them about half inch thick several small onions, potatoes and carrots; baste with the liquor you have boiled the ribs in and season with salt, peper and Hungarian paprika.—Mrs. R. S. Teeple, Holbrook, Ariz.

ROAST BEEF WITH YORKSHIRE PUDDING.

Mix one pint sweet milk, four eggs well beaten, two scant cupfuls flour, one teaspoonful salt. About an hour before the roast is baked, pour off the fat from the baking pan, leaving just enough to keep batter from sticking to the pan. Pour in the batter. Put the oven grate over baking pan, and place roast on it, allowing the drippings to fall on the batter below. Oven should be brisk. Baste roast frequently with fat taken from pan and kept hot on the top of the range.—Contributed, Saginaw, Mich.

DELICIOUS ROAST BEEF.

Heat the baking pan hot, then put in beef and let it brown well, turn over and sear the sides thoroughly. This method retains the juices in the meat, then put in the pan and bake until done, basting as necessary. The inside will be pink and juicy. —Mrs. George Raney, Williams, Ariz.

YORKSHIRE PUDDING.

One cupful of sifted flour, one pint of milk, two well beaten eggs, salt and a pinch of baking powder. A pint of water may be used instead of milk in which case one tablespoonful of dripping may be used. Mix this batter smoothly, adding the eggs last. Instead of pouring the batter into the pan with roast it will be found an easier method at times to bake the pudding separately in a broad shallow pan for twenty minutes, cutting in squares and serving with the meat on top, and the gravy separating.—Mrs. George Raney, Williams, Ariz.

"Oh! The roast beef of England,
And Oh—The Old English roast beef."
—Fielding.

CANNIBAL.

Take one pound of top round or sirloin steak and remove all sinews and fat, chop very fine with sharp knife or cleaver (do not grind). Chop one-half pound of dry onions, one pod of green chili, one lettuce leaf, one ripe tomato and add one raw egg, salt freely and sprinkle with tobasco sauce and white pepper, mix well. Lay on platter and check with knife. Garnish with sliced lemon and lettuce leaves. To be served directly after making with crackers or rye bread.—Abb Willson, Williams, Ariz.

CHILI CON CARNE.

Get four pounds ribs of beef, cut small, boil until tender; then add one can tomatoes, one large carrot, one large

onion chopped fine, one tablespoon vinegar, two tablespoonfuls sugar, one teaspoonful chili (or cayenne pepper to taste), salt. Boil all together; serve hot.—Mrs. D. Roberts, Yuma, Ariz.

VEAL CUTLETS.

Cut thin slices of veal, roll in wheat flour, then well beaten eggs and last in seasoned bread crumbs. Fry in hot, unsalted butter.—Miss Helen T. Dillman, Dillman Ranch, Ariz.

BOILED BEEF FLANK.

Take about four and one-half pounds of beef flank, wash, salt and pepper and sprinkle a little cloves on it, then roll and tie up. Boil until tender; when done, press between weights, and serve cold.—Mrs. Martin Buggeln, Williams, Ariz.

A boil in the pot is worth two on the neck.

BOILED HAM.

Pour boiling water over the ham and when cool enough wash and scrape or use brush to remove all mold and dust. Then steam for six or seven hours, or until tender when pierced with a fork. When done take out and place into a baking pan to skin. Dip the hands in cold water, take the skin between the fingers and peel like an orange. Set in moderate oven, placing the lean side downward. Over the ham sift rolled crackers or dried bread crumbs and bake a short time. If the ham is very salty soak over night in water. Serve hot with mustard or horseradish sauce. Garnish with nasturtium leaves and blossoms, or sprigs of parsley.—Contributed, Williams, Ariz.

DELICATE HAM.

Take a thick slice of raw ham, blend a tablespoonful each of brown sugar and mustard, rub into the ham, cover with one cup of milk and bake one hour in slow oven.—Mrs. J. A. Brennan, Oceanside, Calif.

MOLDED HAM.

Take a large cupful of prepared ham, add the yolk of one egg and a teaspoonful of marjoram. When well mixed, press into a bowl, then turn out into a baking pan. Sift over fine crumbs, put a piece of butter on top and bake until brown. Serve on a warm dish with tomato sauce.—Mrs. L. B. Parish, Los Angeles, Calif.

McGuire—"How did he make all his money?"
Rafferty—"Smoking; he was the greatest smoker in America."
McGuire—"Dry up, Rafferty, you can't make money by smoking."
Rafferty—"He did; he smoked hams."

BAKED HASH.

One cup ground ham, one cup milk, butter size of an egg, tablespoon flour, salt and pepper to taste. Boil milk and flour and butter together, then take from fire, stir in meat. Beat two eggs (yolks and whites separately), then mix all together well. Bake twenty minutes.—Mrs. McDonald Robinson, Williams, Ariz.

BAKED HEART.

Now that the price of meat has gone past the contents of most purses, it is well to secure the most one can for the money expended. An ordinary beef heart, if properly prepared, makes a tasty dinner for a number of persons. There is no waste to a heart and the scales are not weighed down by bone. First, soak the heart for about twelve hours in salted water with a tablespoonful of vinegar added. Wash and drain. Put on stove with enough water to cover and let boil for about half an hour. Remove while boiling hard, and without lifting cover put in fireless cooker for from eight to twelve hours according to the age of the beef. If twelve hours is needed, it is better to reheat once during that time. Or, simmer on stove for five hours. Now, make a dressing as for a fowl and stuff the heart and bake one hour in a hot oven. Set the liquor away to cool, skim and use for soup stock.—Mrs. J. V. Roach, Wisconsin.

STUFFED HEART.

Make the stuffing of dry bread moisted with warm water. Add chopped onion, chopped raw pork, butter size of an egg (melted), one beaten egg. Mix well and stuff the well washed heart. Sew up the opening as much as possible. Bake in moderate oven two hours.—Mrs. Dermont, Williams, Ariz.

LIVER (GERMAN STYLE).

Three slices of bacon cut into little squares, put in skillet and brown. When brown take two onions, sliced, and fry with bacon. One pound of liver and cut into small squares, pour water over liver and drain. Place liver with bacon and onions and let it simmer ten minutes. Then add tablespoon flour and let it brown. Put in sufficient water to make a gravy. Season with salt and pepper.—Mrs. E. H. Duffield, Williams, Ariz.

CALF'S LIVER.

Slice nicely, wash and wipe dry, dip in beaten eggs, roll in cracker crumbs, fry nice light brown. Use part butter and part cottolene. Equal to fried oysters.—Mrs. Otto Lebsch, Williams, Ariz.

LAMB FRIES.

Skin six medium sized lamb fries: Cut into three or four slices. Put them in a bowl, season with tablespoonful salt, little cayenne, the juice of a lemon, tablespoonful sweet oil, teaspoonful ground mustard. Mix well together, roll lightly in flour, and broil five to eight minutes on each side. Or they can be fried in hot butter. Serve on hot platter garnished with slices of lemon and parsley, with hot tomato sauce.—Contributed, Williams, Ariz.

BAKED LEG OF LAMB.

Take a four or five pound leg of lamb, cut down the under side and remove the bone; fill it with a dressing made of four ounces of suet, two ounces of chopped ham, six ounces of stale bread, two eggs, one small onion, season to taste with salt, pepper, nutmeg, parsley. A small piece of bay leaf in the pan makes a fine flavor for the gravy.—W. O. Perkins, Williams, Ariz.

LAMB PIQUANT.

Lamb piquante may be prepared as follows: Wash and trim a hind leg, score deeply in seven or eight places, crowd into each of the scores a small onion stuck with a clove, a pinch of cayenne pepper, a little salt and a small piece of butter. Lay it in a pan with a cupful of hot water, turn another pan over it and bake till nearly done. Mix a tablespoonful of dry French mustard and three of very fine bread crumbs to a thin paste, adding alternately vinegar and butter; season this highly with salt, and both black and cayenne pepper. Make sufficiently soft to spread thin, but not to run. Take up the meat, place in a dry pan, cover well with the paste, then return to the oven and roast gently till the paste is a golden brown. Serve with mint sauce.—Contributed, Williams, Ariz.

FLAVORING FOR LAMB.

A most delicate flavor may be given to the lamb which is to be eaten cold if a few whole cloves and sticks of cinnamon are added to the water in which it is boiled. If roasted, boil the cloves and cinnamon in water and use this spiced water

to baste it with. Serve with mint sauce, garnished with sprigs of mint or curly parsley.—Juliet Hite Gallaher, Virginia.

STEWED KIDNEYS.

Soak kidneys in salt water over night, and boil until tender with little onion chopped fine. Place in sauce pan, one tablespoonful each flour and butter, cook to a nice brown, add one-half cup beef stock, one-half cupful cream, season to taste, boil good five minutes then add the cut kidneys. Serve hot with chopped parsley on top.—Miss Charlotte Wickstrom, Hartford, Conn.

HAM PUFF.

(Good to use up remnants of boiled ham.) One pint milk, one-half cup butter, one-half cup flour, eight eggs, yolks and whites beaten separately; salt to taste; one and one-half cups chopped cooked ham. Scald the milk in double boiler. Add the butter and when melted, add a smooth thickening made of the flour mixed with cold milk. Stir till smooth and thick. Take from stove and let get cold. Then add the well beaten yolks, and lastly the stiff whites, salt, and ham. Put in a baking dish that can be sent to the table. Bake three-fourths of an hour, with the dish standing in water.—Mrs. Watts S. Humphrey, Saginaw, Mich.

THANKSGIVING MINCE MEAT.

One of the best and richest of mince meats is this, that has been in constant use in one family for more than a generation.

Chop fine in a meat chopper three pounds lean, tender cooked beef. The meat may be of roast beef or beef's tongue, which is used for the richest form of mince meat, or it can be from the round of beef, which is quite good enough for this purpose. Add to the meat a pound and a quarter of suet, freed from strings and chopped fine, six pounds tart apples, Spitzenbergs or nice Greenings, chopped in coarse bits; six pounds sugar, one pint molasses, four pounds seeded raisins, three pounds currants, well washed and thoroughly dried, one-half pound citron shredded fine, three pints sweet cider, three pints boiled cider, one quart of the stock in which the meat was cooked, three tablespoon powdered cinnamon, two tablespoonfuls each of salt and powdered cloves, one teaspoonful each white pepper, mace, allspice and nutmeg, three pints tart jelly, and as much more juice of preserves or jelly as the housekeeper may elect. Rose water may be added at the last if desired, and a quarter of a pound each candied orange or lemon peel are an

improvement. Chopped prunes are another excellent addition, as also cold coffee or any fruit juices that have commenced to ferment, but not moldy. This mince meat may be scalded or packed away in glass jars without cooking, its richness insuring its keeping. This should be allowed to ripen at least two weeks before using, and will last the average sized family from Thanksgiving until late spring.—John Langowsky, Fray Marcus Hotel, Williams, Ariz.

MINCE MEAT.

Two quarts chopped meat, four quarts apple, two quarts sweet cider, one quart molasses, four teacups of sugar, two tablespoonfuls salt, two teaspoons pepper, seven teaspoons each of cinnamon and cloves, four nutmegs, two pounds raisins. Mix well, cook two hours, add one pint sweet cider.—Mrs. George A. Coles, Middletown, Conn.

When making your mince meat put in a few quinces, finely chopped.

MINCE MEAT.

Take five or six pounds of scraggy beef—a neck piece will do—put it to boil in water enough to cover. Take off scum that rises when it reaches boiling point. Add hot water from time to time until it is tender. Then remove lid, salt, let boil until almost dry, turning the meat over in the liquor. Take from fire, let stand over night to get thoroughly cold. Pick gristle or stringy bits from the meat, chop very fine, mincing at the same time three pounds of nice beef suet; wash and dry four pounds of currants, four pounds of raisins; slice thin one-half pound of citron, six quarts of good tart cooking apples. Put in a large pan together with two ounces of cinnamon, one of cloves, one of ginger, four ground nutmegs, the juice and grated rinds of two lemons, one tablespoon of salt, one teaspoon of pepper, two pounds of sugar. Put in a porcelain kettle one quart of good boiled cider, one quart of nice molasses, a good lump of butter. Mix well with other ingredients, let boil ten to fifteen minutes. Pack in jars when cold. Pour molasses an eighth of an inch in thickness, and seal. This will keep for months. If not moist enough add a little hot water.—Mrs. J. H. Copeland, Point Richmond, Calif.

MINCE MEAT.

Four pounds ground beef (cook), three pound sugar, one pound citron, two pounds raisins, four pounds currants, two ounces cinnamon, one ounce cloves (ground), two ounces allspice, one and one-half gallons cider.—W. A. Field, Williams, Ariz.

RECIPE FOR MINCE MEAT.

Two pounds of meat, one pound beef suet, three pounds of sweet apples, three pounds of sour apples, four pounds of raisins, two pounds of currants, one pound of citron, one-half pound of lemon peel, one tablespoonful salt, one teaspoonful pepper, one tablespoonful ground cloves, one tablespoonful nutmeg, one tablespoonful mace, one tablespoonful allspice, two tablespoonfuls cinnamon, three pounds brown sugar, two quarts sweet cider, one quart boiled cider, one quart currant juice, one quart cherry juice. Mix all together in a large kettle and let it come to a boil, then seal, and it will keep for years.—Mrs. Gus Jakle, Flagstaff, Ariz.

MINCE MEAT.

One pint bowl of meat chopped fine, two pint bowl of apples, one quart boiled sweet cider, one and one-half cups of molasses, one bowl of sugar, one pound of currants, one pound of raisins, one teaspoonful of salt, one teaspoonful of cloves, two teaspoonfuls of cinnamon, two teaspoonfuls of allspice, one teaspoonful of nutmeg. Let this mixture come to a boil. —Mrs. W. Patterson, Williams, Ariz.

ROAST MUTTON.

Take a leg of mutton and prepare for the oven in the usual way with salt, pepper and flour rubbed on it. Now add one small onion chopped fine and small piece of butter to brown. Put in hot oven, turning often until brown on all sides. Then roast in usual way. When done make the gravy, strain out the onion, or leave in as liked. Very nice with sweet potatoes browned in with the meat.—Mrs. N. J. Hudson, Los Angeles, Calif.

ROAST LEG OF MUTTON.

Cut off the shank bone, rub with salt and pepper, dredge with flour, roast till done with frequent basting, take up, pour off surplus fat from pan, add little browned flour to the remaining gravy, moisten with any good stock, add capers. Serve with mint sauce. Garnish roast on platter, with cooked peas in turnip cups.—Contributed.

IMITATION BARBECUE OF MUTTON.

Roast the mutton as usual, but about one hour before it is ready to serve, prepare the following mixture: One-third cup each of Worcestershire sauce, tomato catsup, and vinegar, saltspoon pepper, one rounded teaspoon mustard. Stick the

meat all over with a sharp pointed knife, pulling the gash open and filling with the mixture just prepared. If any is left pour it over the roast when it comes to the table. This is excellent.—Mrs. J. R. Ross, Williams, Ariz.

PEPPER POT.

Recipe of the Union League of Philadelphia.

Boil the tripe until tender which generally takes fifteen hours; when done, save the liquor to make soup. Cut up the tripe into small pieces, when cut up put them back into kettle with liquor, take some raw potatoes and cut them up into small pieces; take some raw onions and also cut into small pieces about the size of a large pea, then put in the following herbs; some sweet basil, some summer savory and a bunch of pot herbs; salt to taste, and also some cayenne pepper, some butter. Then make some dough about one-fourth inch thick and make into small dumplings about the size of a gooseberry, put the dumpling in the pot about five hours after the other ingredients have been boiling, and then let the pot be on the fire four hours longer to cook the dumplings.—Contributed, Saginaw, Mich.

CHICKEN PIE.

Boil one large or two small year old chickens till thoroughly cooked, with broth to cover it when done. Make a rich baking-powder biscuit dough, roll thin, line the sides of a deep three quart basin, lay in the pieces of chicken, sprinkle with salt, pepper and lumps of butter and drop in little pieces of the dough. Thicken the broth with a tablespoon of flour and turn in enough to cover the chicken. Roll a piece of the dough one-half inch thick and cover the pie, being careful to make holes in the cover for the steam to escape.—Mrs. H. F. Adams, Williams, Ariz.

ROAST YOUNG PIG.

Clean nicely. Do not remove head or feet. Make a stuffing of dry bread, moistened with warm water; add grated onion, one beaten egg, season with salt, pepper, sage, and savory. Fill the opening with above stuffing, and sew up. Stand the pig in a pan of water, beef stock, butter and onion, and baste often. Cover nose and ears with a paste jacket, if the oven be too hot. Bake slowly for three hours. Put a corn cob in his mouth. Serve hot with stuffed baked apples, and garnish with water cress. This will be nice cold for luncheon.—Contributed, Williams, Ariz.

PORTERHOUSE STEAK AND MUSHROOMS.

Put in granite pan two tablespoons of butter, a small onion, a pinch of thyme, put over the fire. When melted stir in slowly two tablespoons flour (taking from the hot fire while mixing). When it is slightly browned, add a cup of water and let it simmer. Add three tablespoons of beef stock, a tiny bit of nutmeg. Put in mushrooms and cook fifteen minutes. Pour over steak and serve.—Mrs. R. C. Wente, Williams, Ariz.

ROAST LOIN OF PORK.

Wash and wipe the pork, score the skin with a sharp knife and season with salt and pepper. Place in a dripping pan, pour one teacupful of water in the pan and bake in a hot oven, allowing fifteen minutes to the pound. Baste frequently with the drippings in the pan. When about half done wash and wipe either sweet or Irish potatoes of medium size and put in the pan. When cooked, place the meat on a heated platter. Serve with its own gravy and apple sauce. Garnish with celery tops and pickles.—Jane E. Clemmens, Ohio.

RECIPE FOR SCRAPPLE.

Everyone who eats the scrapple which I make finds it so pleasing to their palates that they request the directions for the making. Instead of using hog's head, as my mother used to make, I use a quarter's worth of good steak, five cents' worth of fresh pork, put them through the meat chopper and put on in water to boil until done and water is left just sufficient to take up corn meal to the consistency of mush. Stir very rapidly while slowly pouring in meal. Salt to taste and mould in a long, narrow, square pan. When quite cold and solid, slice in thin strips, dip in meal and fry in boiling lard. It makes a fine fish course, as few can tell it from fish.—Mrs. H. A. W., Cynthiana, Ky.

BAKED PIG'S SHOULDER.

Cook in quite salt boiling water two hours with whole allspice and cloves. Take out and skin, brush the top with beaten egg, sprinkle seasoned bread crumbs on top and sides, with slices of onion. Bake an hour or until done in a slow oven. Serve hot with apple sauce. Garnish the platter with corn balls and parsley. Delicious sliced cold for next day's luncheon.—Miss Charlotte Wickstrom, Hartford, Conn.

RIB ROAST STUFFED.

Remove the bones from the meat, flatten the meat and pepper and salt well. Make a rich dressing moistened with egg. Pour the dressing into a hot frying pan with a little melted lard. Stir until thickened, spread over the meat, roll, tie and bake. Press and slice cold.—Mrs. George Raney, Williams, Ariz.

PORK TENDERLOIN ROAST.

Split pork tenderloin lengthwise on the side, put a layer of dressing between the two pieces and then bind or sew them together. Cut a small carrot and a small onion in pieces and lay in the bottom of a baking pan and put the tenderloin over this. Put some slices of fat pork or bacon on top of the pork. Peel Irish potatoes and lay around the outside of the pan. Bake meat until tender. Select uniform sized and rather small potatoes, or they will not be sufficiently baked by the time the pork is tender.—Mrs. O. Ramey, Williams, Ariz.

INDIAN STEW.

Cut up and stew a fowl half done, then add a cup of raw rice, a slice of ham chopped fine, pepper and salt. Let all cook together until the rice swells and absorbs all the gravy of stewed chicken. Do not allow it to get hard or dry. Serve in a deep dish. This may be made of many kinds of meat. Veal is very nice cooked in this way.—Mrs. George Raney, Williams, Ariz.

IRISH STEW.

Select lean pieces of mutton cut in strips, put in about quart of water and stew until nearly tender; add medium sized potatoes, onions, turnips (and cabbage if desired), season to taste, and cook until the vegetables are tender. If liquid boils away, add any good stock—but mutton preferred. Serve hot, meat and vegetables together.—Contributed, Williams, Ariz.

IRISH STEW.

Chop mutton or beefsteak or both together; add raw potatoes sliced very thin, two onions and two small carrots; season with pepper and salt. Cover with water in a stew pan and stew gently until meat becomes tender and the potatoes are nearly dissolved in the gravy.—Mrs. E. Pallett, Williams, Ariz.

MERSHON WOODS STEW.

In the first place take a pot that is going to be large enough to hold enough of the stew to at least serve each of the participants twice, for I have found that as a rule they come back for the second helping. For instance, if you are going to serve thirty people, I should take one and one-half pounds of fat pig pork, salted; after cleaning and scraping thoroughly, cut it into very thin slices, the thinner the better. Then take a knuckle of veal with a few of the short ribs, fat enough to make an addition to the knuckle of a least a pound of the veal. One and one-half pounds or so of mutton, *not lamb,* but mutton, and I always preferred the brisket or the rib piece. One and one-half pounds lean beef cut into small squares, say not over one inch square. The veal and the mutton also want to be cut up. One fowl, weighing four or five pounds, and cut it up into eight or nine pieces. Disjoint it. Above all things, do not break a bone, that is, take off the drum-sticks at the joint, and the second joint at the hip joint, remove each wing, then break the back bone into two pieces and leave the breast whole. If you have not the fowl, two spring chickens are even better. Never put a rabbit in the stew, but a partridge or a nice young squirrel, or a small piece of venison would be a welcome addition. So much for the meat portion. If you have fresh parsnips, clean and slice about four medium sized ones, that would be sufficient. Potatoes are the main single ingredient, and after they are quartered or sliced, not too fine, you should have at least three quarts of them. Six or eight carrots, sliced onions sufficient to fill a two-quart basin; one-half dozen raw tomatoes if in season, or one quart can of same; one quart can of corn, or half a dozen ears scraped from the cob, if in season; two handfuls of lima beans, one pint shelled peas, or the canned article will do. If you have some of the old fashioned yellow rutabagas, peel and slice about four. Cut up fine one-half head of cabbage, a fair supply of the green gumbo, or failing in that, at least a pint of the canned. Now you are ready to begin work.

First. Sprinkle the bottom of the kettle with the sliced potatoes, then put in a layer of salt pork, then some one of the other vegetables alternating with the meat, duly seasoning each two or three courses as follows: Be sure to get plenty of pepper in, I usually take six or eight little red peppers and one handful of pepper-corn, and in addition to this grind a few of the pepper-corns. If you have one or two old fashioned bell peppers that have gone to seed, put them in whole, but plenty of pepper is essential. Of course, it must be salted, but you

can always add salt but not take it out, so be careful about putting in too much salt.

Have a kettle that is large enough so that when all of these ingredients are put in, that not to exceed two-thirds of its capacity has been filled. Then put in pure, cold water, sufficient to cover all two, two or three inches.

Now put it on the stove and as it comes to a boil, put it on the back of the stove so it will only simmer; *above all things do not let it boil hard,* but it should be kept *bubbling and sputtering* away just to about a boil, practically, for fully two and one-half hours. It would be good for nothing if it is any less than this. It is better if it cooks four or five in this same way. Leave the cover off the pot so it will evaporate some, occasionally skimming it.

Serve it as a soup or soup-course, and you will find that if it comes on the table hot and all right that your guests will want very little else for dinner, and it is perfectly admissible to come back, like Oliver Twist, for more.—Wm. B. Mershon, Saginaw, Mich.

CREAMED SWEETBREADS.

Soak sweetbreads in salt and water over night. If young, boil in hot water fifteen minutes. Drain and remove the sinews. Pick to pieces and stew five minutes in butter gravy, seasoned with pepper and salt. Squeeze in some lemon juice just before serving. Garnish with water cress and serve on toast or in any desired way. If any remains after the meal, make a salad for the next day.—Miss Charlotte Wickstrom, Hartford, Conn.

SWEETBREADS AND MUSHROOMS.

Two small pairs sweetbreads, parboil, remove all strings and fibre and cut each one into two pieces. Heat one tablespoon butter and lay them in. Saute quickly, turning them once. Sprinkle with salt and lay on hot dish one-half can mushrooms cut in halves. Drop these into the pan, add one-fourth cup cream, thicken quickly with one tablespoon flour and when it bubbles stir smooth and remove from the pan. Pour the whole on a hot dish around the sweetbreads.—J. W. Bayles, Williams, Ariz.

SWEETBREADS.

One pound of sweetbreads soaked in salt water for one-half hour, then boil (with an onion) until tender; when nearly cool skin and pick in small pieces. Take one pint of cream, one

heaping tablespoonful of butter into which mix one tablespoonful of flour, one tablespoonful of Worcestershire sauce, one can of French mushrooms; boil these together for a few minutes stirring to keep from burning. Green peas can be used instead of mushrooms. Chicken can be used in place of sweetbreads when thoroughly boiled.—Mrs. E. B. Perrin, Williams, Ariz.

SWEETBREADS AND BACON.

Parboil the sweetbreads, drain them and remove the gristle and fat. Dip into beaten egg, which is seasoned with salt and pepper, roll in cracker crumbs and fry in the pan in which bacon has been fried. Drain and serve with the slices of bacon. —Contrlbuted, Williams, Ariz.

SWEETBREADS.

Scald in salted water, remove stringy parts; put in cold water five or ten minutes; drain in towel; dip in egg and bread or cracker crumbs, fry in butter.—Mrs. E. Pallett, Williams, Ariz.

SAUSAGE ROLLS.

Make a dough as for pie crust, roll it out in a round piece about as big as the ordinary saucer. In the center of this put a flat thin cake of fresh sausage meat and roll it up in the crust, pinching the ends together just as if you were making an apple dumpling. Put it in the oven and bake until done, which will usually be twenty-five or thirty minutes.—Contributed.

TAMALE PIE.

Two quarts boiling water well salted, one tablespoon butter or lard thickened with yellow corn meal to the consistency of mush, three pounds round steak boiled tender, two medium sized onions, three medium sized green chili peppers. Put all through meat chopper and cook in butter; while cooking add seven or eight fresh tomatoes or one quart canned tomatoes and salt to taste. Line bottom of large granite baking pan with mush then with layers of tamale well dotten with olives and so on. Last layer should be of mush. Moisten well with the broth meat is cooked in and bake in slow oven one hour.—Mrs. Robt. W. Bryden, Los Angeles, Calif.

ESCALLOPED TONGUE.

Chop some cold tongue, not too fine, and have for each pint one tablespoon onion juice, one teaspoon chopped parsley, one

heaping teaspoon salt, one teaspoon capers, one cup bread crumbs, half a cup of stock and three tablespoons butter. Butter the dish and cover the bottom with bread crumbs. Put in the tongue which has been mixed with the parsley, salt, pepper and caper, and add the stock in which has been mixed the onion juice. Put part of the butter on the dish with the remainder of the bread crumbs and then bits of butter here and there. Bake twenty minutes and serve hot.—Mrs. J. R. Ross, Williams, Ariz.

SPANISH TONGUE.

Boil tongue until tender, and for sauce use one small can of tomatoes, one can of mushrooms cut into small pieces, one tablespoonful of ground red chili, two tablespoonfuls of Worcestershire sauce, one heaping teaspoonful of flour mixed with a little cream to be added when ready to serve.—Mrs. R. S. Teeple, Holbrook, Ariz.

SPANISH TONGUE.

Cook tongue until tender; peel and simmer slowly in sauce for one hour. Sauce: To one can of tomatoes add onion and green chili to taste, one-half teaspoon allspice and pinch of salt. Cook sauce until it begins to thicken before putting in tongue.—Mrs. A. V. Wagner, Williams, Ariz.

MOCK TURTLE.

Cut a round of beefsteak about one and a half inches thick, cut to form a pocket, season with salt and pepper and fill with turkey dressing. Sew up the end and fasten slices of fat bacon on the roll with toothpicks and bake, basting often. Add a little boiling water the last half hour and before serving thicken gravy with a little browned flour. Remove bacon and toothpicks before serving.—Mrs. George McDougall, Williams, Ariz.

VEAL LOAF.

One and a half pounds raw veal chopped fine, one-third cup cracker crumbs, one well beaten egg, one-half teaspoon salt, one-half teaspoon pepper, one-half teaspoon ginger, one-half teaspoon sage, one small onion cut fine, one-half cup water and two tablespoons butter. Remove skin and membranes from the lean veal and chop or grind it fine. Add the crackers, then the eggs and then the other ingredients. Mix well; put in a buttered pan, pressing it in compactly, and put lumps of butter on the top. Bake two or three hours and serve cold, cutting in thin slices.—Mrs. O. Ramey, Williams, Ariz.

VEAL LOAF.

Three pounds of raw veal chopped very fine, butter the size of an egg, three eggs, three tablespoonfuls of cream or milk; if milk use a small piece of butter. Mix eggs and cream together; mix with veal six crackers, crushed fine, one-half teaspoonful black pepper, one large tablespoonful salt and one large tablespoonful sage. Mix well together and form into a loaf. Bake three hours in moderate oven, basting with butter and water while baking. Serve cut in slices.—Manistee Public School.

VEAL WITH ASPARAGUS.

In a hot pan put the yolks of two hard boiled eggs rubbed to a paste with one tablespoon melted butter. Heat with one-half pint rich milk or thin cream, stirring well. Put in two cups of tender roast or stewed veal cut in cubes and one cup asparagus tips, add salt and pepper to taste and cook five minutes.—J. W. Baylis, Williams, Ariz.

VEAL SAUSAGE.

Two pounds veal steak, one-fourth pound salt pork chopped, season with salt, pepper and a little sage.—Mrs. William Wente, Manistee, Mich.

VEAL STEW.

Cut veal into good sized squares. Put in the pot with boiling water, add one sliced carrot, one sliced parsnip, one small onion, one tablespoon salt. Boil two hours. Remove vegetables fifteen minutes before serving, adding several small peeled potatoes, and egg dumplings, and cover tight. Dumplings can be steamed if preferred. Thicken gravy and serve on a large hot platter garnished with water cress.—Miss Charlotte Wickstrom, Hartford, Conn.

VEAL TERRAPIN.

Cut lean roast veal into dice, brown one tablespoon flour, add one cup milk and cook until smooth, add the veal. Season to taste with salt and cayenne, add three hard boiled eggs coarsely chopped, one-half teaspoon lemon juice and cook five minutes longer and take from tin. Garnish with potatoes and hard boiled eggs. Shrimps can be used instead of veal.—Mrs. Will McIntyre, Phoenix, Ariz.

PRESSED VEAL.

Boil until thoroughly done three and one-half pounds of veal and one and one-half pounds of salt pork (with lean and

rind removed), salt and pepper to taste, then chop very fine. Dressing: Use one cup of the liquid, butter size of an egg. Let this come to a boil and stir in two well beaten eggs. Boil two minutes, stirring constantly to keep it smooth. Add more salt and pepper if necessary. Pour over the chopped meat and mix well. Place in a pan and press.—Mrs. C. H. Hodskin, Manistee, Mich.

VEAL PIE.

Place in a pot three pounds veal cut in pieces about two inches square with hot water enough to cover; a little grated onion, little grated carrot, butter size of an egg, nine small peeled potatoes. Put in a sauce pan, two tablespoonfuls flour, one tablespoon butter, brown nicely, add one-half teacupful sweet cream. Pour the veal mixture in this, letting it boil up good. Season to taste and put all in a bake dish. Make a nice biscuit dough for the upper crust, and place over bake dish, making about five holes in crust for ventilation. Bake twenty minutes or less. Fill holes with blackberry jelly and serve hot.—Miss Esther Hanson, Hartford, Conn.

Foods Without Meat

(*Continued from page* 42)

Stuffed Vegetable Marrow

Mix together one-half ounce of butter with five ounces of breadcrumbs; add a fried onion, a little parsley, thyme and sage, a piece of lemon rind and one egg. Scoop out the marrow and place the stuffing in. Then boil or steam. Dress with brown gravy and serve.

Cheese Eggs

Moisten the cream cheese with a little cream or milk and mould it around blanched almonds until about the size of a robin's egg. Arrange in a nest of lettuce leaves and garnish with ripe olives.

Cream and Eggs

This is one of the most nourishing and easily assimilated foods known. It is especially recommended for those who wish to gain flesh. Whip the whites of two eggs until quite stiff. Then lightly beat in one cup of cream.

Nuts and Carrots

Run through a meat-grinder two carrots and half a cupful of pecan meats. Moisten with cream and set on the stove until heated through. Stir in half a cupful of cream, a teaspoonful of butter, and salt and pepper to taste. Heat again and serve.

Lentil Cutlets

Boil a teacupful of lentils in sufficient water to cover them until they are quite tender. Add three grated onions, a little minced parsley and enough breadcrumbs to make a stiff paste. Flatten the mixture with a knife and shape into cutlets. When cold, roll in eggs and

Mock Fish Patties

Scrape some salsify roots well and lay them for half an hour in cold water. Then boil till tender and drain. Beat them with a wooden spoon to a soft paste. To every cupful of salsify, stir in a teaspoonful of butter and one egg well beaten. Moisten with milk. Season to taste and put in china fish shells. Cover with pieces of butter and breadcrumbs and brown in the oven before serving.

Brown Haricot Soup

The stock from these beans makes a very delicious and rich soup. Take one-half pound of haricot beans. Wash and stew them in one quart of water and two small onions. When the beans crack add a few tomatoes, a sliced leek and a bunch of soup herbs. Boil for an hour. Rub through a sieve and return to the saucepan. Stir in a tablespoonful of butter and the juice of half a lemon.

A Substitute for Meat Stock

This may be obtained by stewing haricots, peas or lentils and using the juices extracted as the meat juices are used.

Chestnut Soup

Boil two pounds of chestnuts for one hour. Strain and rub through a sieve. Pour the chestnuts in a saucepan with a little chopped onion, mace, pepper and salt. Boil again for ten minutes; then stir in one-half pint of milk and a tablespoonful of cream.

MEAT SAUCES

ANCHOVY SAUCE.

To one tablespoonful butter add one teaspoonful anchovy essence. Mix well and keep on ice for general use.

BUTTER SAUCE FOR BOILED FISH.

One tablespoon each butter and flour, melt the butter by placing it in a sauce pan on top of a kettle of boiling water. Do not melt on the stove for that fries and scorches it. When melted stir in the flour until smooth, then add a good half pint of boiling water, one teaspoon finely chopped parsley. Let it all warm to a boil, then take it off the fire and stir in the yellow of an egg, and a little salt to taste.—Contributed, New York, N. Y.

BLACK BUTTER SAUCE.

Warm two tablespoonfuls butter in frying pan until it becomes brown. Add six parsley leaves chopped, heat again for a minute, add five drops of vinegar. Pour into sauce bowl and serve.

MELTED BUTTER SAUCE.

One tablespoonful butter, one teaspoonful flour. When melted and smooth add juice of half a lemon. Serve with Brussel sprouts.

CAPER SAUCE.

Into any good butter sauce, mix some whole or cut capers and a little strong vinegar. Used with boiled mutton, fresh boiled ox tongue or pig's feet.—Mrs. George W. Barney, Williams, Ariz.

CAPER SAUCE FOR FISH.

Into a light consomme, mix some browned flour and butter, season it with tiny bit of cayenne, grated nutmeg, essence of anchovies, lemon juice, several chopped capers and little vinegar.

CAVIAR ON TOAST WITH OLIVES.

One part each of Russian caviar, soft bread crumbs, and blanched and peeled almonds mixed together and minced into a paste, spread on strips of toast, the edges garnished with sliced olives.

CANAPES OF CAVIAR.

Circles of toast, the edges spread with anchovy paste, with an onion ring at its base, the ring filled with Russian caviar. Garnish with chopped parsley.

EGG SAUCE.

Into a butter sauce mix some chopped hard boiled eggs and the juice of a lemon. Good with all kinds boiled fish.

CELERY SAUCE.

Into a good thickened roast poultry gravy mix some finely chopped celery and simmer till done. Serve with roast poultry.

CRANBERRY SAUCE.

Three cups cranberries, three-fourths cup boiling water, one and one-fourth cups sugar. Pick over and wash cranberries. Put in sauce pan, add sugar and boiling water. Cover and cook slowly until berries are tender. Stir as little as possible. Skim off scum and cool.—Manistee Public Schools.

CURRY SAUCE.

One tablespoonful butter, one tablespoonful flour, one teaspoonful curry powder, one large slice of onion, one large cupful stock, salt and pepper to taste. Cut onion fine and fry brown in butter. Add flour and curry powder. Stir one minute, add the stock, then the pepper and salt. Simmer five minutes; strain and serve.

CREAM SAUCE FOR FISH.

Place in a bowl one-half cup butter which has been creamed add yolks of four well beaten eggs, juice of half a lemon, half a teaspoon salt and a dash cayenne pepper. Then add slowly one cup hot water. Mix well, set into a sauce pan of hot water on the range, stirring until the sauce becomes a thick cream. Do not let boil. Remove from stove and beat a few moments. If too thick, thin with sweet cream before serving. Serve in boat. Garnish with egg and chopped parsley.—Mrs. Wm. F. Dermont, Williams, Ariz.

CUCUMBER SAUCE.

Make good butter sauce, and mix some slices of fried cucumbers. Use with boiled salmon or trout. Lemon juice improves this.

GIBLET SAUCE.

The trimmed and finely shredded gizzards, livers and hearts of poultry stewed tender and added to the thickened and strained gravy of roast poultry and served with it.—Contributed, Williams, Ariz.

"Hunger is the best sauce."

HORSERADISH SAUCE.

Mix one teaspoonful horseradish with one tablespoonful butter, season with salt and a little pepper. Boil good. Serve hot with corned beef and cabbage.—Contributed, Williams, Ariz.

HOLLANDAISE SAUCE.

Two tablespoonfuls vinegar, one pint sweet milk, one-half cup oil or melted butter, one-half teaspoonful dry mustard, one-half teaspoonful cayenne, one teaspoonful paprika, six eggs, salt to taste. Boil vinegar with seasonings; meanwhile separate the yolks and whites, beating them separately; bring milk to a boil; pour it over the yolks, then add the boilin vinegar, stir on the range till it just thickens like custard (do not let it boil or it will curdle). Remove from the fire and beat the whipped whites with the melted butter or oil, then put away for future use. Serve warm or cold.—Mrs. Dermont, Williams, Ariz.

MAYONNAISE SAUCE FOR FISH.

Take raw yolks of eggs, beat in a little olive oil slowly; when becomes like butter add salt, then little more oil, then dry mustard and cayenne; then alternately oil, vinegar and lemon juice until thick enough to spread. Before serving, add whipped cream. Used with frog's legs, broiled fish, fried calf's brains,—Contributed, Williams, Ariz.

MINT SAUCE.

Finely chopped green mint and a little grated orange rind placed in a basin, vinegar brought to a boil with enough sugar to take off the rawness, poured over chopped mint. Nice for roast lamb and mutton.—Contributed, Williams, Ariz.

MUSHROOM SAUCE.

Into equal quantities tomato and butter sauce, add some sliced small mushrooms that have been lightly fried with butter. Season with lemon juice and cayenne. Or leave out the tomato sauce using only a butter or egg sauce, with mushrooms added. Used with beefsteak, poultry, stuffed sheep's heart.—Contributed.

ONION SAUCE.

Into some reduced chicken broth, or beef stock, add some chopepd mushrooms, an equal quantity rich cream; bring to a boil, then thicken with browned flour, and strain; then add quite a good deal of grated onion. Boil five minutes. Used with boiled mutton.—Contributed.

OYSTER SAUCE.

Make a white sauce with strong chicken or beef stock, then add the beaten yolks of eggs. Cook five minutes, add half a cup of cream, some scalded and cut up oysters, also scalded oyster liquor. Used with boiled whitefish, chicken or turkey. —Contributed.

PARSLEY SAUCE.

Into a good butter sauce mix some chopped parsley. For boiled plain fish; also for dipping in cutlets of meat before breading.—Contributed.

SAGE SAUCE.

Good for roast pork and roast goose. Make a brown gravy in the pan with the residue of the roasting; add some chopped sage leaves (or ground sage), simmer for fifteen minutes, then skim and strain.—Contributed.

TARTAR SAUCE.

Into a mayonnaise sauce, mix some finely chopped parsley, gherkins, chives, olives and capers. Used with breaded filets of chicken, frog legs and sweetbreads.—Contributed.

TOMATO SAUCE.

Take equal quantities good beef stock and tomatoes, a veal and ham shank, few herbs, sliced vegetables and bay leaf (garlic or onion, if desired). Boil till vegetables are done, thicken with browned flour. Used for steaks, fried sweetbreads, lamb fries, hamburger steak, fried oysters, and anything desired.—Mrs. Dermont, Williams, Ariz.

TOMATO SAUCE FOR FISH.

One can tomatoes, one-half teaspoon salt, one onion, one tablespoon butter, two tablespoons flour, two drops tobasco sauce, four cloves, three sprigs parsley. Put onion, cloves, tomatoes together. Simmer fifteen minutes, melt butter, take from stove; stir in flour, cook until frothy, add tomatoes, stir until boils. Strain and serve over baked fish.—Mrs. W. D. Finney, Williams, Ariz.

MENUS, LUNCHEONS, SPECIAL DINNERS AND TABLE ARRANGEMENTS

"O hour of all hours, the most bless'd upon earth,
Blessed hour of our dinners!"

—Lucile.

MENUS.

"Variety is the spice of life."

While these menus are simple and in some ways comparatively complete, it is not to be supposed that they can always be carried out in detail. They will, however furnish suggestions to housekeepers and entertainers who are daily perplexed with the question: "What shall we have to eat today?"

On the table spread the cloth,
Let the knives be sharp and clean;
Pickles get and salad both,
Let them each be fresh and green.

SUGGESTIONS FOR JANUARY

Breakfast

Wheatena
Broided Ham Baked Potatoes
Griddle Cakes
Coffee

Dinner

Onion Soup
Pot Roast of Beef
Potatoes Cold Slaw
Spice Pudding, or Aple Tapioca

Supper

Cocoa
Bread and Butter Sandwiches
Hermits Custard

SUGGESTIONS FOR FEBRUARY

Breakfast

Sausage
Fried Apples
Baked Corn Cakes
Hashed Potatoes
Coffee

Dinner

Warmed-over Baked Beans
Steamed Brown Bread
Stewed Tomatoes
Mince Pie

Supper

Creamed Oysters
Brown Bread Toast
Tea or Cocoa
Cookies

SUGGESTIONS FOR MARCH

Breakfast

Shredded Wheat with Cream
and Steamed Dates
Rye Muffins
Smoked Beef in Cream Sauce
Coffee

Dinner

Potato Soup
Roast Leg of Mutton
Boiled Rice Canned Corn
Baked Bananas

Supper

Rice Drop Cakes
Sliced Oranges
Cake Cocoa

SUGGESTIONS FOR APRIL

Breakfast

Wheatlet Boiled Eggs
Scalded Corn Cakes
Oranges, or Grape Fruit
Coffee

Dinner

Broiled Shad
Mashed Potatoes
Letuce Salad, or Dandelion Greens
Lemon Pie, or Rice Pudding

Supper

Hot Shortcake with Sliced Oranges
Cocoa
Cold Tongue
Wafers

SUGGESTIONS FOR MAY

Breakfast

Baking-Powder Biscuits
Hash Coffee
Stewed Prunes

Dinner

Pot Roast of Veal, or Veal Fricessee
Baked Onions Radishes
Steamed Rhubarb Pudding

Supper

Asparagus on Toast
Gingerbread Cocoa
Canned Fruit

SUGGESTIONS FOR JUNE

Breakfast

Picked up Codfish
Baked Potatoes Dry Toast
Coffee
Stewed Gooseberries, or Fresh Strawberries

Dinner

Boiled Salmon
New Potatoes Green Peas
Cucumbers
Strawberry Ice Cream
Sponge Cake

Supper

Rolls
Salad of any Cold Green Vegetable
Snow Pudding
Cake

SUGGESTIONS FOR JULY

Breakfast

Steamed Rice with Raspberries
Broiled Bacon
Omelet
Graham Gems
Coffee

Dinner

Roast Lamb or Lamb Stew with Dumplings
Peas or Strawberries
Lettuce and Cucumber Salad
Blueberry Shortcake or Pie

Mrs. Barney,
Williams, Ariz.

SUGGESTIONS FOR AUGUST PICNIC LUNCHES

Scotch Eggs
Veal Loaf in Graham Sandwiches
Bottled Lemon Juice or Fruit Syrup
Potato Salad
Cheese and Nut Sandwiches
Olives Pickles
Hermits or Wafers

Mrs. Barney,
Williams, Ariz.

SCHOOL LUNCH FOR CHILDREN

Autumn-Winter

Pressed Chicken Sandwich
Gingerbread
Apples Nuts
Spiced or Roast Beef, or Baked Beans

Spring-Summer

Stuffed Egg or Egg Sandwich
Sponge Cake Orange
Lettuce or Strawberry Sandwich
Cream Cheese Ball
Sliced Tongue
Fresh Fruit

Mrs. Barney,
Williams, Ariz.

SUGGESTIONS FOR LADIES' LUNCH IN OCTOBER

Bouillon or Hot Spiced Grape Juice
Sauted Oysters
Broiled Chicken
Sugared Sweet Potatoes
Cauliflower
Peach Shortcake
Coffee

Mrs. Barney,
Williams, Aria

SUGGESTIONS FOR OLD TIME THANKSGIVING DINNER

Boiled Turkey and Roast Duck
or Roast Turkey and
Boiled Ham
Boiled Potatoes Turnips
Squash and Onions
Cranberry Sauce
Pickles
White and Brown Bread
Mince and Pumpkin Pie
Plum Pudding
Apples Nuts Raisins
Candy Coffee

Mrs. Barney,
Williams, Ariz.

SUGGESTIONS FOR CHURCH SOCIABLE SUPPER IN DECEMBER

Scalloped Oysters and Cold Ham
or Chicken Salad and Baked
Beans
Rolls Brown Bread
Pickles
Baked Indian Pudding
Cakes and Pies of all kinds
Coffee

Mrs. Barney,
Williams, Ariz.

VERANDA SUPPER

No. 1

Curry of Chicken
Tomato Salad
Bread and Butter Sandwiches
Sliced Peaches
Sponge Drops
Iced Tea

No. 2

Eggs Scrambled with Sardines
Olives
Celery and Pineapple Salad
Graham Bread and Butter
Sandwiches
Peach Sherbet
Wafer Jumbles
Lemonade

Mrs. Barney,
Williams, Ariz.

PICNIC DINNER LUNCHES

No. 1

Pressed Corn Beef
Cold String Beans
French Dressing
Fine Pickled Gherkins
Boston Brown Bread and
Buter Sandwiches
Buttered Parker House Rolls
Peaches Grapes
Hot Coffee

No. 2

Sardines freed of Oil
Lemon Quartered
Cheese and Olive Sandwishes
Joints and Slices of Cold Roast
Chicken
New Rye Bread and
Butter Sandwiches
Pickled Beets Celery
Apple Turnovers
Hot Coffee

No. 3

Cold Boiled Ham,
Tongue or Corned Beef
Potato Salad
Bread and Butter Sandwiches
Strawberry Tarts
Lemonade
Hot Coffee

No. 4

Cold Boiled Ham
Egg Salad Sandwiches
Hot Coffee
Peanut Cookies
Grape Juice

No. 5

Cold Veal Loaf Sliced Thin
String Bean Salad
Olives
Bread and Butter Sandwiches
Currant Jelly Tarts
Hot Tea

Mrs. George Barney,
Williams, Ariz.

SHEEP OR COW CAMP MENU

Camp Appetite
Roast Head
Pink Beans with Pork
Baking-Powder Biscuits
Prune Pie
Black Coffee

J. F. Daggs,
Williams, Ariz.

THE LUNCH BASKET FOR THE ARIZONA COWBOY

Baskets consist of two wooden kerosene boxes fitted with baling wire to hang on pack horses called "Kyaks." One side of bacon, a quarter of a sack of flour, one can baking powder, Chili, Mexican beans, a few onions, sugar, salt, coffee, three cans tomatoes, one can corn, a three-pound can of lard, dried apples, raisins, apricots, a small sack of rice for moonshine. A frying pan and a coffee pot.—An Arizona Cowboy.

MENU FROM CANNED FOODS

Puree of Tomatoes Crackers
Salmon Loaf with Cream Sauce
Rolls
Hot Roast Beef
Potato Croquettes
Canned Corn Souffle
Pimento Salad Wafers
Cheese Balls
Little Huckleberry Pudding
Egg Sauce
Coffee

EMERGENCY MENU OF CANNED FOODS

Beef Bouillon with Barley
Deviled Crabs
Bread and Butter
Turkey Croquettes, Horseradish Sauce
Curbed Carrots and Peas mixed and Buttered
Spinach Salad
Cheese Water Crackers
Plum Pudding with Hard Sauce
Coffee

Puree of Peas
Creamed Lobster in Patty Cases
Lamb's Tongue stewed with
Boiled Rice and Pimentos
Buttered Mushrooms
Vienna Rolls
Asparagus Salad
Melted Cheese on Wafers
Pineapple or Canned Peach Whips
Coffee

Mrs. T. S. Maddock,
Williams, Ariz.

CAMP DINNER

Venison and Roasted Potatoes
Fried Mushrooms
Biscuit and Butter
Coffee

Jas L. Wade,
Williams, Ariz.

MEALS FOR ONE DAY

Breakfast

Table Decoration:
Growing Fern.
Assorted Fruit
Rolled Oats and Cream
Boiled Eggs, Buttered Toast
Coffee
Griddle Cakes, Maple Syrup

Luncheon

Table Decoration: Sunflowers
Grape Fruit
Bouillon Crackers
Ripe Olives
Lamb Chops French Peas
Scalloped Potatoes
Cocoa Gems
Custard Pie

Dinner

Table Decoration:
Red Carnations.
Cantaloupe
Bluepoints on Half Shell
Celery
Cream Potato Soup
Radishes Olives
Roast Beef
Yorkshire Pudding
Mashed Potatoes Corn on Cob
Baked Fish, Lemon Sauce
Tomato Salad
Blackberry Pudding, Cream Sauce
English Cheese Coffee

Mrs. Wm. F. Dermont,
Williams, Ariz.

MEALS FOR MONDAY

Breakfast

Assorted Fruit
Cream of Wheat
Bacon Fried Eggs
Hashed Brown Potatoes
Coffee
Buttered Toast
Buckwheat Cakes, Maple Syrup

Luncheon

Hot Consomme with Rice
Cold Roast Beef
Potato Balls
Sweet Pickle
Peaches Tea
Graham Bread
Spiced Boiled Rice Cream and Sugar

Dinner

Little Neck Clams
Tomato with Noodles Celery
Crackers Olives
Red Snapper, Tartar Sauce
Roast Veal with Gravy
Boiled Potatoes
Brussels Sprouts
Sweetbread Salad
Fruit Pudding, Hard Sauce
Coffee

TUESDAY

Breakfast

Baked Apples with Cream
Poached Eggs on Toast
Pork Sausage Potato Balls
Coffee
Corn Bread Doughnuts

Luncheon

Hot Bouillon
Broiled Spanish Mackerel, Egg Sauce
Potato Chips Stewed Tomatoes
Hot Chocolate Gems
Salt Rising Bread
Celery Salad
Rice and Orange Pudding

Dinner

Toke Points on Half Shell
Chicken Consomme with Rice
Radishes Celery
Broiled Shad, Egg Sauce
Potato Balls Roast Beef
Yorkshire Pudding
Browned Potatoes
Stuffed Peppers
Cucumber Salad
Mince Pie Bavarian Cream
Coffee

WEDNESDAY

Breakfast

Assorted Fruit
Scrambled Eggs
Coffee Toast
Hashed Chicken
Creamed Potatoes Doughnuts

Luncheon

Hot Bouillon
Olives Crackers
Mutton Chops with Peas
Scalloped Potatoes
Tea Muffins
Custard Pie

Dinner

Oyster Cocktail
Turtle Soup Celery Olives
Roast Duck, Cream Sauce
String Beans in Cream
Mashed Potatoes
Stuffed Tomato Salad
Nesselrole Pudding, Cream Sauce
Demi Tasse

THURSDAY

Breakfast

Strawberries and Cream
Rolled Oats
Soft Boiled Eggs
Dry Toast Coffee
Rolls
Corn Cakes with Syrup

Luncheon

Cold Bouillon
Olives Cucumbers
Stewed Chicken with Noodles, Corn on Cob
Cocoa with Whipped Cream
Graham Bread
Apple Sponge with Cream
Bonbons

Dinner

Cantaloupe
Consomme with Rice
Celery Crackers
Fried Cuts of Fish, Tomato Sauce
Chicken Croquettes with Peas
Roast Veal, Caper Sauce
Mashed Potatoes
Spinach Green Corn on Cob
Tomato Salad, Mayonnaise Dressing
Vanilla Ice Cream and Fresh Strawberries
Fruit Bonbons
Coffee

FRIDAY

Breakfast

Fresh Figs with Cream
Shredded Wheat Biscuit
Sardine Omelet with Catsup
Coffee
Buttered Toast
Fried Cakes

Luncheon

Bouillon
Fried Frog's Legs, Tartar Sauce
Creamed Potatoes
Chicken Hashed in Shells
Sweetbread Croquettes, Tomato Sauce
Tea Biscuits Hot Tea
Water Cress Salad Salad, French Dressing
Frozen Peaches and Cream
Chocolate Cookies
Bonbons

Dinner

Cantaloupe
Giblet Soup Celery Olives
Smelts, Worcestershire Sauce
Scalloped Chicken, Tomato Sauce
Saddle of Venison with Jelly
Potato Balls
Breast of Quail in Cutlets
Green Peas
Apple Salad
Cheese Straws
Pineapple Bavarian Cream
Ice Cream Ginger Preserves
Drop Cakes
Roquefort Cheese and Crackers
Coffee

Contributed,
Syracuse, N. Y.

SATURDAY

Breakfast

Bananas
Scrambled Eggs with Mushrooms
Fried Frog's Legs, Tartar Sauce
French Fried Potatoes
Coffee
Toast Gems
Fried Cakes

Luncheon

Puree of Beans
Chipped Beef in Cream
Potato Croquettes
Hot Chocolate, Whipped Cream
Pop Overs
Apple Pie a la Mode
Bonbons

Dinner

Cream Tomato Soup
Salted Almonds
Roast Pork with Apple Sauce
Mashed Potatoes, Brown Gravy
Cauliflower, Cream Sauce
Green Corn
Waldorf Salad
Salted Wafers
Blackberry Pudding, Hard Sauce

Miss Harriette E. Teft,
Williams, Ariz.

SUNDAY

Breakfast

Cantaloupe, Iced
Oatmeal and Cream
Lamb Kidneys with Bason
Baked Potatoes
Coffee
Pop Overs Toast
Doughnuts

Luncheon

Amber Soup
Broiled Oysters, Tomato Sauce
Pigsfeet with Mushrooms
Stuffed Baked Potatoes
Hot Cocoa, Whipped Cream
Brown Bread Muffins
Water Cress Salad
Olives Crackers
Rhubarb Pie

Dinner

Bluepoints on Half Shell
Cream Bean Soup Celery
Tenderloin Steak, Fried Onions
Baked Stuffed Tomatoes
Steamed Potatoes
Green Corn
Sweetbread Salad
Orange Pudding

Breakfast

Stewed Prunes
Boiled Rice with Cream
Fried Chicken, Cream Sauce
Creamed Potatoes
Toast Cornbread
Coffee
Wheat Cakes with Syrup

Luncheon

Russian Caviar
Hot Consomme in Cups
Ripe Olives Green Onions
Baked Fresh Mackerel, Tomato Sauce
Fried Potatoes
Lima Beans
Iced Tea
Salt Rising Bread
Tomato Salad
Apple Snow Lady Fingers
Bonbons

Dinner

Grape Fruit
Mutton Broth with Rice
Olives Saltines
Broiled Bass, Lemon Sauce
Potato Balls
Roast Turkey Stuffed with Oysters
Stuffed Baked Potatoes
New Beets
Artichoken, Hollandaise Sauce
Chicory Salad Stuffed Dates
Green Olives
Roquefort Cheese, Water Crackers
Bonbons Demi Tasse

Breakfast

Raspberries and Cream
Cream of Wheat
Scrambled Eggs Fish Balls
Coffee
Hot Rolls
Sour Cream Cakes with Maple Syrup

Luncheon

Oyster Patties
Chocolate with Whipped Cream
Muffins Brown Bread
Strawberry Tarts

Dinner

Cream Tomato Soup
Radishes Celery
Sweetbreads with Spinach
Spaghetti
Roast Stuffed Chicken with Gravy
Artichokes, Hollandaise Sauce
Apple Salad
Buckeye Pudding, Butter Sauce
Coffee

Mrs. Amos Adams,
Williams, Ariz.

Breakfast

Preserved Berries and Cream
Codfish in Cream
Baked Potatoes
Coffee Tea
Toast Corn Bread
Pineapple Fritters, Maple Syrup

Luncheon

Consomme with Barley
Stewed Calf's Liver, Cream Sauce
Oyster Plant
Steamed Potatoes
Lobster Salad
Fruit Jelly with Whipped Cream
Hot Chocolate
Brown Bread
Gems

Dinner

Bluepoints on Half Shell
Horseradish Catsup
Cream Asparagus Soup
Olives Crackers
Fried Smelts, Tartar Sauce
Potato Balls
Fricassed Chicken with Dumplings
Artichokes, Hollandaise Sauce
Mashed Potatoes French Peas
Water Cress Salad
Bread Pudding, Butter Sauce
Coffee

Autumn Breakfast

Assorted Fruit
Oatmeal and Cream
Cheese Omelet Toast
Broiled Button Chops
Peas
Cream Potatoes
Coffee Hot Rolls
Wheat Cakes, Maple Syrup

Autumn Luncheon

Russian Caviar
Hot Bouillon
Broiled Deviled Kidneys, Water Cress Sauce
Creamed Potatoes
Hot Tea
Graham Gems
Cucumber Salad
Sago Pudding Bonbons

Autumn Dinner

Clams on Half Shell
Vegetable Soup Olives Celery
Roast Suckling Pig, Apple Sauce
Stouffed Peppers
Stewed Tomatoes
Mashed Potatoes
Lettuce Salad, Mayonnaise Dressing
Charlotte Russe
Roquefort Cheese
Wafers Bonbons
Demi Tasse

Mrs. Dermont,
Williams, Ariz.

Spring Breakfast

Oranges Sliced in Sugar
Cream of Wheat
Lamb Chops, Tomato Sauce
Omelet with Sardines
Saratoga Potatoes
Coffee
Dry Toast
Waffles with Syrup

Spring Dinner

Salmon, Butter Sauce
Cucumbers
Chicken Croquettes, Tomato Sauce
Sweetbreads in Shells, Beechamel Sauce
Filet of Beef with Mushrooms
Orange Sherbet
Snipe
French Fried Potatoes
Chicken Salad
Cornstarch Pudding with Whipped Cream
Neapolitan Ice Cream, Little Cakes
Fruit Bonbons
Coffee

Luncheon

Ice Tomato Consomme
Radishes Green Onions
Broiled Squab
Potato Balls
New Asparagus, Drawn Butter
Iced Peach Tart
Whipped Cream
Watermelon

Contributed.

Summer Breakfast

Peaches and Cream
Oatmeal
Young Chicken, Cream Gravy
Fried Potatoes
Water Cress Salad
Poached Eggs on Toast
Coffee
Rice Pancakes with Maple Syrup

Summer Luncheon

Iced Consomme
Radishes Ripe Olives
Salmon Loaf Celery
Iced Tea with Lemon
Salt Rising Bread
Sherbet

Dinner

Grape Fruit
Turtle Soup, Whipped Cream
Boiled Fish with Potato Balls, Hollandaise Sauce
Calf's Brains
Cold Slaw
Roast Wild Turkey, Onion Stuffing
Spinach on Toast
Green Corn
Apple Salad Served in Shells
Olives Celery
Cocoanut Pudding, Strawberry Sauce
Neapolitan Ice Cream
Syrup Wafers
Crackers and Cheese
Demi Tasse

Mrs. Buggeln,
Williams, Ariz.

Breakfast

Melons
Little Fried Perch, Tartar Sauce
Creamed Potatoes
Coffee Buttered Toast
Corn Cakes with Maple Syrup

Dinner

Oysters on Half Shell
Julienne Soup, Crackers
Radishes Celery
Sweetbreads, Tartar Sauce
Braised Pigeons with Spinach
Lamb Roast, Mint Sauce
Vegetables
Macaroni with Cheese
Chocolate Pudding,
Whipped Cream
Fruit Bonbons
Coffee

Luncheon

Bouillon
Deviled Crabs Olives
Filet of Grouse, Currant Jelly
Potato Croquettes
Creamed Corn
Graham Gems
Cocoa, Whipped Cream
Chicken Salad, Mayonnaise Dressing
Fruit Jelly with Whipped Cream
Bonbons
Miss Harriette Tefft,
Williams, Ariz.

Winter Breakfast

Baked Apples with Cream
Oatmeal
Fried Oysters
Potato Croquettes
Coffee
Breakfast Puffs Toast
Corn Cakes, Sugar Syrup

Winter Luncheon

Bouillon
Roasted Oysters on Half Shell
Chicken Croquettes
French Peas
Saratoga Chips
Chocolate with Whipped Cream
Pop Overs
Lettuce Salad with Tarragon
Fruit Ice Wafers
Bonbons

Winter Dinner

Oysters on Half Shell
Amber Soup
Salmon, Hollandaise Sauce
Lamb Chops, Tomato Sauce
Filet of Beef with
Roast Quail
Saratoga Potatoes
Lettuce Salad
Charlotte Russe garnished with Strawberries
Chocolate Fruit Ice Cream
Coffee
Contributed.

A THANKSGIVING DINNER

Table Decoration:
Yellow Chrysanthemums.
Oysters on the Half Shell
Ripe Olives Celery
Salted Almonds Bouillon
Roast Turkey, Chestnut Dressing
Mashed Potatoes
Asparagus Tips, Cranberry Sauce
Chicken Salad
Plum Pudding
Maple Mousse
Chocolate and Caramel Cake
Roquefort Wafers
Black Coffee
Mrs. R. C. Wente,
Williams, Ariz.

MERRY CHRISTMAS

Canape a l'Russe
Celery en Branches
Soup Bisque of Oysters
Fresh Crab Meat Cocktail,
Fray Marcus
Baked Sea Bass a l'Italienne
Sweetbreads Braised
aux Champignous
Roast Young Turkey,
Oyster Dressing
Cranberry Jelly
Frozen Egg Nogg
Broiled Philadelphia Squab
with Water Cress
Browned Sweet Potatoes
Mashed Potatoes
Atrichokes, Butter Sauce
Lettuce and Tomato Salad
Mince Pie Pumpkin Pie
English Plum Pudding;
Hard Sauce
Strawberries with Cream
Contributed.

CHRISTMAS DINNER

Table Decoration:
Holly and Mistletoe.
Cantaloupe
Almonds Olives
Oysters on Half Shell
Radishes
Cream Tomato Soup
Celery
Fried Sand Dabs
Potato Balls
Turkey, Cranberry Sauce
Baked Potatoes
Boiled Onions
Artichokes, Hollandaise Sauce
Salt Rising Bread
Orange Punch
Chicken and Water Cress Salad
Saltine Wafers
English Plum Pudding, Hard Sauce
Strawbery Ice Cream, Fruit Cake
Wafers Angel Cake
Mince Pie Pumpkin Pie
Cheese Straws
Fruit Nuts Bonbons
Roquefort Cheese
Water Crackers
Demi Tasse
Mrs. Wm. F. Dermont,
Williams, Ariz.

NEW YEAR'S DAY

Breakfast

Sliced Oranges
Cream of Wheat
Poached Eggs on Toast
Graham Muffins
Coffee

Luncheon

Turkey Broth
Squabs on Toast with
Cranberry Jelly
Potatoes au Gratin
French Peas
Waldorf Salad
Fruit Jelly served with
Whipped Cream
Corn Starch Cake
Salt Rising Bread
Hot Chocolate

A HAPPY NEW YEAR

Dinner

Young Onions
Celery Soup Chicken Gumbo
Fresh Crab Meat Cocktail
Broiled Columbia River
Salmon, Parsley Butter
Turkey Croquettes
French Peas
Braised Sweetbreads
Roast Young Goose Stuffed,
Apple Sauce
Frozen Egg Nogg
Broiled Philadelphia Squab
with Cress
Stemed Potatoes
Browned Sweet Potatoes
Cauliflower in Cream
Cold Prime Ribs of Beef,
Potato Salad
Lettuce and Tomato Salad
Pumpkin Pie Mince Pie
Fresh Sliced Pineapple
Contributed,
Williams, Ariz.

FOURTH OF JULY MENU

Breakfast

Strawberries and Cream
Veal Chops
Potatoes a la Creme
Scrambled Tomatoes
Muffins Toast
Coffee

Luncheon

Cold Beef Tongue
Fried Potatoes
Sliced Tomatoes
Lettuce with Mayonnaise
Cheese Olives
Rye Bread Lemon Pie

Dinner

Cream of Celery Soup
Fried Chicken and Gravy
Mashed Potatoes
Boiled Sweet Potatoes
Green Peas
Sliced Cucumbers
Young Onions
Hot Rolls Coffee
Strawberries in Cream
Devil's Food Cake
Mrs. Fred Smith,
Williams, Ariz.

DINNER TABLE ARRANGEMENT.

The first requisites for a well appointed table are immaculate linen, sparkling cut glass and china, and well polished silver. The centerpiece is either of cut flowers, a fern or fruit. At each cover a service plate is laid; upon this plate the one containing an appetizer, or clams or oysters, is placed. Knives, forks and spoons are laid one-half inch from the edge of the table and are arranged in the order in which they will be used, the first required being placed farthest from the plate. The knives are arranged on the right of the plate. To the right of the knives lay the spoon for the soup, just outside of this place the oyster fork, then the spoons as needed. To the left of plate are the forks with their tines turned up: the fish fork, then roast fork, and the salad fork close to the plate. A folded napkin may be laid upon the service plate if the first course is not already upon the table. Place cards are about the size of the conventional visiting card. The water tumbler is placed at the end of the knife nearest the plate. The service plate should not be removed until the meat course is brought in. Whatever is served should be set down at the right, whatever passed offered from the left, that the guest may help himself. No tray is used, but the maid may have a folded napkin in her hand upon which to hold the plates which she puts before the guest.—Mrs. K. W. Williams, Cynthiana, Ky.

DINNERS

Grape Fruit Oyster Cocktail
Celery
Potage of Fowl
Consomme, Royal
Sliced Tomatoes
Olives Radishes
Filet of Halibut aux Fine Herbes
Sliced Cucumbers
Potatoes Duchesse
Breast of Domestic Duck with Mushrooms
Fried Black Squirrel, Sauce Bearnaise
Fricassee of Rabbit, Chasseur
Pineapple Fritters
Escalante Punch
Roast Young Turkey, Oyster Dressing
Mashed Turnips, Cranberry Sauce
Prime Ribs of Beef au Jus
Mashed Potatoes
Candied Sweet Potatoes
Cauliflower au Gratin
Waldorf Salad
Mince Pie Pumpkin Pie
English Plum Pudding, Hard Sauce
Tutti Frutti Ice Cream,
Assorted Cake
Edam and American Cheese
Water Crackers
Fruit Demi Tasse

Chicken a l'Reine
Celery Olives
Rock Bass Maitre d'Hotel
Cucumbers Pommes Natural
Salmis of Mountain Grouse, Chasseur
Tomatoes Farcie
Saddle of Venison, Currant Jelly
Candied Yams
Punch, Fray Marcos
Strawberry Shortcake
Pumpkin Pie
Tutti Frutti Ice Cream
Cake
Coffee Noir

Contributed.

A DINNER PARTY TO EIGHT LADIES SEVENTY YEARS "YOUNG."

Bluepoints on half shell, laid ont a plate of crushed ice and surrounding a cup, made to resemble a large yellow tulip, by cutting a lemon down half way in quarters, turning back the section and scooping outthe center, replacing with a cocktail mixture into which the oyster was dipped.

Thin salt wafers were passed with this course.

Fried Scrapple with very thin slices of lemon on top.

Hot mashed potatoes, covered with chopped parsley.

French Peas
Buttered Brown Bread and Olives
Hot Roast Turkey
Filbert Balls in circles of Rice
Sweet Potatoes, Southern Style
Spaghetti with Cheese
Celery Hearts
Chicken Salad in Lettuce Cups, covered with Mayonnaise
Hot Rolls — Coffee
Cheese Balls served piping hot, with crisp circular slices of Toast
Hot Mince Pie
Ice Cream
White and Black Cake
Nuts and Bonbons
Mrs. Williams,
Cynthiana, Ky.

DINNER

Table Decoration:
American Beauty Roses.
Oyster Cocktail
Celery — Ripe Olives
Broiled Squab en Canape
French Peas
Mashed Potatoes
Venison Chops, Currant Jelly
Browned Sweet Potatoes
Lettuce and Tomatoes
Mayonnaise
Nepolitain Ice Cream — Cake
Roquefort Cheese
Water Crackers
Demi Tasse
Mrs. R. C. Wente,
Williams, Ariz.

EASTER LUNCHEON

Tomato Bisque with Whipped Cream
Olives — Salted Nuts — Radishes
Small Fish or Trout, Lemon Butter
Lattice Potatoes
Creamed Chicken in Macaroni Mould
Peas
Asparagus Salted with Mayonnaise
Wafers and Cream Cheese Balls
Ice Cream
Lady Fingers
Tea or Coffee

DINNER

Table Decoration: Yellow Roses.

Grape Fruit — Almonds
Oyster Cocktail
Crackers — Celery
Cream Corn Soup, Crackers
Queen Olives
Stuffed Turkey, Cranberry Sauce
Green Peas
Mashed Potatoes
Stuffed Peppers
Hot Rolls
Macaroni and Cheese
Tomato Salad
Saltines
Strawberry Ice Cream, Pound Cake
Roquefort Cheese
Water Crackers
Bonbons — Demi Tasse
Mrs. Wm. F. Dermont,
Williams, Ariz.

AFTERNOON LUNCHEONS

English Tea
Thin Slices of Bread and Butter
Loaf Cake
Mrs. Wm. Hayward,
Los Angeles, Calif.

Wafers
Fruit Sandwiches
Grape Fruit Salad
Coffee
Mrs. Wm. Ergmann,
Los Angeles, Calif.

Fruit Salad served in orange baskets
Chocolate
Contributed.

Appropriate near Easter:
Tomato Jelly molded in an egg shell. Serve on lettuce with salad dressing.
Wafer
Blanc Mange molded in egg shell. Serve with custard.
Cake Coffee
Mrs. MacD. Robinson,
Williams, Ariz.

Fruit Salad Crackers
Leomnade Pineapple Ice
Angel Cake
Miss Margaret Dermont,
Williams, Ariz.

Stuffed Egg Salad
Ham Sandwiches
Olives
Sweet Punch
Cantaloupe
Miss Edna Buggeln,
Williams, Ariz.

Tomato Salad
Tongue Sandwiches
Sour Pickles
Cocoa Raspberry Ice
Sponge Cake
Mrs. Wm. F. Dermont,
Williams, Ariz.

Oyster Patties
Tomato Salad
Salted Almonds
Coffee
Strawberries and Cream
Wafers
Mrs. J. W. Daggs,
Williams, Ariz.

Veal Loaf
Lettuce Sandwiches
Olives
Swet Punch
Strawberry Shortcake
Mrs. Martin Buggeln,
Williams, Ariz.

Chicken Salad
Fruit Salad
Marguerites
Coffee Charlotte Russe
Devil's Food
Mrs. Geo. H. Barney,
Williams, Ariz.

Beef Croquettes
Cheese Sandwiches
Pimolas Chocolate
Floating Island
Cookies
Mrs. Chas. Lindstrom,
Williams, Ariz.

Sweetbread Salad
Lettuce Sandwiches
Almonds Lemonade
Strawberry Shortcake
Miss Dorothy Stark,
Williams, Ariz.

Grape Fruit
Chicken Sandwiches
Salted Pecans Cocoa
Lemon Jelly and Cream
Wafers
Miss Harriette Tefft,
Williams, Ariz.

Chicken Salad Pimolas
Peanut Butter Sandwiches
Coffee
Strawberry Ice
Black and White Cake
Mrs. P. A. Melick,
Williams, Ariz.

Shrimp Salad
Cheese Sandwiches
Coffee
Lemon Sherbet Angel Food
Mrs. Jas. S. Kennedy,
Williams, Ariz.

Fried Chicken Potato Balls
Hot Rolls Coffee
Blanc Mange
Wafers
Mrs. Jas. S. Kennedy,
Williams, Ariz.

Celery Salad in Spanish Peppers
Deviled Ham with
Chopped Eggs
Sandwiches Cheese
Crackers Coffee
Mrs. Wm. Ergmann,
Los Angeles, Calif.

Shrimp Salad in Cucumber
Shells
Lamb Tongue Sandwiches
Cake Coffee
Mrs. Tilley,
Los Angeles, Calif.

Lamb Salad
Cheese (with Paprika and
Butter) Sandwiches
Lady Fingers
Ice Cream
Mrs. Wm. Hayward,
Los Angeles, Calif.

Chicken Salad
Bread and Butter Sandwiches
Coffee Ice Cream
Devil's Food
Mrs. Amos Adams,
Williams, Ariz.

Chicken Croquettes
Hot Rolls
Almonds Olives
Coffee
Orange Sherbet
Cookies
Miss Margarette Dermont,
Williams, Ariz.

Combination Salad
Pressed Chicken Sandwiches
Lemon Ice
Almond Wafers
Fruit Punch
Mrs. Filley,
Los Angeles, Calif.

Lobster Salad
Cheese Sandwiches
Cocoa
Blackberry Ice
Sponge Cake
Mrs. Dermont,
Williams, Ariz.

Spanish Luncheon
Olives Brown Beans
French Bread
Butter Coffee
Watermelon
Mrs. Wm. Hayward,
Los Angeles, Calif.

Dutch Luncheon

Olives Celery
Schmierkase Salad
Spare Ribs Boiled Potatoes
Stuffed Baked Tomatoes
Bread Butter
Lemon Pie Coffee
Mrs. Wm. Ergmann,
Los Angeles, Calif.

Thanksgiving

Turkey Sandwiches
Cranberry Tarts
Coffee
Mince Pie Sweet Cider
Mrs. Wm. Dermont,
Williams, Ariz.

Minced Turkey on Toast
Cranberry Jelly
Olives Chocolate
Pumpkin Pie
Mrs. P. A. Melick,
Williams, Ariz.

Turkey Salad
Bread and Butter Sandwiches
Cranberry Sherbet
Coffee Suet Pudding
Mrs. Jas. S. Kennedy,
Williams, Ariz.

Lettuce Salad with Mayonnaise
Dressing
Sandwiches made of ham or
cold meat ground fine, with
Mayonnaise Dressing
Coffee
Fruit Salad with Cream
Light and Dark Cake
Mrs. A. Willson,
Williams, Ariz.

Banana Salad
Bread and Butter Sandwiches
Olives Coffee
Peach Frappe
Angel Cake
Mrs. Earl Nordyke,
Williams, Ariz.

Chicken Croquettes
Rolls Tomato Jelly Olives
Prune Whip Cake
Coffee
Miss Bertha J. Peet,
Monticello, Ind.

Chicken Croquettes
Stuffed Tomatoes
Hot Rolls Olives
Salted Almonds
Pineapple Ice
Angel Food Chunks
Coffee
Mrs. Ross Barnard,
Grand Canyon, Ariz.

Chicken Salad Crackers
Olives Coffee
Peaches and Cream
Devil's Food
Mrs. A. V. Wagner,
Williams, Ariz.

Nut and Cabbage Salad
Ham Sandwiches Coffee
Fruit Jelly and Cream
Wafers
Mrs. A. R. Montgomery,
Williams, Ariz.

Chicken Sandwiches Olives
Lemon Sherbet
Cake Coffee
Mrs. James Amundsen,
Williams, Ariz.

LUNCHEON TO GIRL FRIENDS

Table Arrangement: Lace Doilies and Centerpiece, floral centerpiece, Chrysanthemums and vines.
Oyster Cocktail Wafers
Deviled Clams in their Shells
Ribbon Sandwiches
Bouillon Croutons
Quail on Toast, Orange Sauce
Fruit Salad Cheese Wafers
Ice Cream Cakes
Coffee Chiclets

FISH LUNCHEON

Raw Oysters served in block of ice
Shad, Tartar Sauce garnished with parsley
Sweetbreads, Tomato Sauce
Boiled Sardines on Toast
Deviled Chicken, Lemon Sauce
Filets of Duck with Salad of Lettuce
Mayonnaise of Salmon, garnished with Shrimps
Welsh Rare-bit
Charlotte Russe
Ice Cream Angel Cake
Bonbons

BOY'S BIRTHDAY PARTY.

(Prize from N. F. Magazine, Mrs. Woody.)

The table was so much admired at my boy's birthday party, I will send a description.

The cover was made of cotton batting and over this was thickly spread diamond dust. Smilax was pinned in festoons to form a border, circling up around each plate. A flat centerpiece of large feathery ferns was held in place by a five-burner silver candelabra with pink candles and shades. At either end tall cut glass vases held many pink carnations. Gliding from one to another and wrapping in and around the center was pink ribbon, and, as though stepping aside to avoid being caught in it, tiny china shepherdesses' in pink held aloft pink candles. Placer plates had decorations of pinks and ferns.

Cakes and ices carried out the color scheme, and when the bright faces of the little folk surrounded the table, it made a glittering and beautiful picture.

SPECIALS

DINNER

First Course — Grapefruit or Cantaloupe.
Second Course—Oysters or Russian Caviar.
Third Course—Soup.
Fourth Course—Fish.
Fifth Course—Entree.
Sixth Course—Roast with two or three vegetables.
Seventh Course—Game. Sherbet.
Eighth Course—Salad.
Ninth Course—Dessert.
Tenth Course—Ice Cream.
Eleventh Course—Crackers and Cheese; Bonbons.
Twelfth Course—Demi Tasse.

Contributed,
Williams, Ariz.

SAINT PATRICK'S DAY DINNER

Centerpiece—Shamrock.
Muskmelon
Pea Soup
Fish, Potato Croquettes
Roast Beef, Atrichokes, Asparagus
Lettuce Salad
Pie
Pistachio Ice Cream
Coffee
(Use green whenever possible.)

SAINT VALENTINE DINNER

Centerpiece: Bleeding Hearts and Ferns.
Place Cards: Cupids and Hearts.
Strawberries on Stems
Tomato Soup
Sweetbread Patties
Roast Beef Potatoes Beets
Red Apple Salad Cheese Wafers
Raspberry Ice Cream
Fancy Cakes
Mint Candies
Demi Tasse
(The heart shapes and cupids wherever possible)

BREAKFAST

April First

Oranges sweetened with Salt
Shredded Wheat Biscuit, sprinkled with Salt
Sardine Omelet, very sweet
Syrup made of vinegar and bitter chocolate
Griddle Cakes, using Quinine
Doughnuts filled with cotton
Coffee made from peas, seasoned with pepper
(Pin napkins to the table cloth, and tie chairs to table legs.)

Contributed,
Williams, Ariz.

HALLOWE'EN SUPPER.

Decorations: Yellow and Black.
Centerpiece: Pumpkin holding Maidenhair Fern.
Favors: Cats, Witches, Bunnies.
Grapefruit
(cut in Jack o'Lantern faces)
Brown Bread and Cheese
Fruit Salad served in Orange Cups
Pumpkin Pie
Gingersnaps with Almond Eyes
Hallowe'en Punch

DINNER

First Course — Strawberries on Stems.
Second Course—Oyster Cocktail.
Third Course—Soup.
Fourth Course—Fish.
Fifth Course—Chicken Patties.
Sixth Course—Roast with three Vegetables.
Seventh Course—Frozen Punch.
Eighth Course—Game.
Ninth Course—Ice Cream.
Tenth Course—Pie.
Eleventh Course — Fruits and Sweets.
Twelfth Course—Black Coffee.

Contributed,
Williams, Ariz.

QUANTITIES OF REFRESHMENTS FOR SERVING 50 PEOPLE.

Coffee—three gallons. One and one-half pounds.

Coffee, black—two and one-quarter gallons. One and one-half pounds.

Chocolate—two gallons. One pound.

When both tea and coffee are served. Tea, one gallon.

Coffee—one and one-half gallons, cube sugar, two pounds; whipped cream, two quarts, each quart, twenty-five spoonfuls.

Lemonade or Fruit Punch—two and one-half gallons.

Frappe or Sherbet—three gallons.

Bouillon—three gallons.

Ice Cream—three gallons.

Ices to serve in small sherbet glasses—two gallons.

Bonbons—four pounds.

Salted nuts—four pounds.

Berries—eight to ten quarts; sugar for berries, two pounds.

Raw Oyster, four to each person—two hundred.

Large Oysters in Coaquillas—eight quarts.

Ham—one small or one-half large one.

Chicken or Turkey, dressed, but not cooked—twenty-five pounds.

Salad or Slaw—two gallons.

Rolls—six dozen; butter for rolls, one pound.

Sandwiches—five loaves of bread and two pounds of butter.

Fruit Jelly—six quarts.

Cakes, loaf or layer—four or five.

Cheese—two pounds.

Potato Chips—four pounds.

Wafers—five boxes.

Olives—two quarts.

Sweet Pickles—one and one-half quarts.

Copied and revised by Mrs. H. F. Adams.

RECIPE FOR COOKING HUSBANDS.

One of the lecturers before the Baltimore cooking school gave the following recipe for cooking husbands:

"A good many husbands are utterly spoiled by mismanagement. Some women go about it as if their husbands were bladders, and blow them up. Others keep them constantly in hot water. Others let them freeze by their carelessness and indifference. Some keep them in a stew by irritating ways and words; others roast them. Some keep them in pickle all their lives. It cannot be supposed that any husband will be tender and good, managed in this way, but they will be truly delicious when properly treated. In selecting your husband you should not be guided by the silvery appearance, as in buying mackerel, nor by the golden tint, as if you wanted salmon. Be sure to select him yourself, as tastes differ. Do not go to the market for him as the best are always brought to your door. It is far better to have none unless you will patiently learn how to cook him. A preserving kettle of the finest porcelain is the best, but if you have nothing but an earthenware pipkin it will do with care. See that the line in which you wrap him is nicely washed and mended, with the required number of buttons and strings tightly sewed on. Tie him in the kettle with a strong silk cord called comfort, as the one called duty is apt to be weak. Make a clear, steady fire out of love, neatness and cheerfulness. Set him as near this as seems to agree with him. If he sputters and frizzes do not be anxious; some husbands do this until they are quite done. Add a little sugar in the form of what confectioners call kisses, but no vinegar or pepper on any account. A little spice improves him, but it must be used with judgment. Do not stick any sharp instruments into him to see if he is becoming tender. Stir him gently, watching the while, lest he lie too flat and close to the kettle and so become useless. You cannot fail to know when he is done. If thus treated you will find him very relishable, agreeing nicely with you and the children, and he will keep as long as you want unless you become careless and set him in too cold a place."

MISCELLANEOUS

FOR RATTLESNAKE BITE.

Apply soda slightly moistened to make a paste to the wound. When it becomes discolored, remove and put on a fresh application until the soda ceases to be discolored.—Contributed.

THE BUG REMEDY.

Ammonia, corosive sublimate, terpentine. The Williams Drug Company knows how to proportion it. It is decidedly the best ever used.

Quick silver and white of an egg destroys bed bugs.—Contributed.

NECESSITIES.

Beef stock will be found useful for gravies, sauces, etc. Beef stock will not keep longer than a week.

Browned flour is always useful and should be kept on hand.

THE DOUGLASS MIXTURE.

This ought to be printed everywhere: One-half popnd copperas, one ounce sulphuric acid and two gallons soft water. *Be careful with the sulphuric acid.* Let settle twenty-four hours and drain off. Put in bottles or stone jars. Add one teaspoonful of the mixture to each pint of drinking water for fowls.

"Since I've been married I don't get half enough to eat."
"Well, you must remember that we are one now."

When frying eggs after frying bacon or ham, sprinkle flour in the pan to prevent eggs from sticking to pan.—Contributed.

SURE DEATH TO FLIES.

Instead of bothering with sticky fly paper, try this method: Put two teasponfuls of formaldehyde in a pint of water, pour into saucers and set on table. Flies are attracted and drink the water; some die in water and others drop near and are easily swept up and burned.

FOR MOTHS.

Saturate an old sheet with formaldehyde and hang up in the closet, first stopping up both cracks and keyhole and leave for twenty-four hours. One or two such applications through the season will prove sufficient.

TO SET COLOR IN SUMMER DRESSES.

Plunge them into boiling water with one tablespoonful of coarse salt which has been previously melted. The color in the daintiest gown will not fade hereafter.—Mrs. Finney, Williams, Ariz.

How to gain flesh—buy a butcher shop.

HAND LOTION.

Two ounces of glycerine, five ounces alcohol, one dram ammonia, ten drops carbolic acid, one dram extract violet.

HAIR TONIC.

One ounce lanoline, one ounce coco butter or lard, one dram coal oil, one-half dram tincture cantharides, one-hal fdram listerine, one-half dram oil peppermint. Melt lanoline, slowly add lard and then others. Apply two or three times per week to the roots of the hair with tips of fingers. Rub in thoroughly with balls of fingers.

"I saw a big rat in my cook-stove and when I went for my revolver he ran out."
"Did you shoot him?"
"No; he was out of my range."

CARE OF CHILDREN'S TEETH.

The first thing to be said in regard to children' teeth is *never allow a pacifier* under any circumstances, not only because it is not sanitary, but because, it *in each and every case* causes a deformity that can never be perfectly corrected in after life by surgery or otherwise.

Thumb sucking is almost or quite as bad, so mothers, do not allow your little ones to continue this habit, because is looks "cute" while baby is tiny, as the time will come when baby is an over-grown boy or girl and it does not look cute, and in the meantime, the damage has been done. If the teeth protrude, the upper bone in the mouth has become misshapen and the whole facial expression has changed for life and no two teeth in the mouth will ever be in the place intended for them, thus causing mouth breathing, which in turn causes "adenoids" or other trouble with the throat and nose.

After two years a child is supposed to have all the temporary or baby teeth, which should be cleaned (with a nice little brush all his own) every day by mother, and closely watched for small black spots, which as soon as found must receive the family dentists' care. Often these little spots appear as early as three

years, and if taken in time may be treated by him without any drilling or filling, which in most cases is quite distressing to the little one. However, these twenty teeth must be kept in their proper places until *time* for them to be replaced by the permanent ones, which only begin to appear at six years, and if a child has never been taken to the dentist before, it must be taken at the age of six. Mothers, if you wish healthy, beautiful teeth for your little ones, remember this.—Florence R. Atkinson, D. D. S., Chicago, Ill.

Jars—To prevent: Coax "husbands" to buy "Williams Library Association Cook Book."

CURRY POWDER.

Two ounces mustard, two ounces black pepper, six ounces coriande seed, six ounces tumeric, one-half ounce red pepper, one ounce cardaman, one ounce cummin seed and ground cinnamon. Pound fine, put in a bottle, cork tight and keep for seasoning gravies, etc.—Mrs. Wm. F. Dermont, Williams, Ariz.

TO KEEP NEEDLES.

A soda mint bottle, with a little screw top, makes an excellent holder for needles, to keep in the workbag. It is especially good for damp climates, as the needles will not rust. It can be made a thing of beauty by covering it with a bit of the material of which the bag is made (preferably silk, as this will work up better); and a workbag given for a present is doubly acceptable if some such little thing as this is added to give a distinctive touch.

SMALL POX AND SCARLET FEVER REMEDY.

One grain sulphate zinc, one grain Fox Glove (digitalas), half teaspoon sugar. Mix with two teaspoons of water, when thoroughly mixed, add four ounces of water. Take a tablespoon every hour.—Contributed.

TO TAKE SPOTS OUT OF WOOL IN CLOTH.

Two ounces of ammonia, one ounce castile soap, one-four ounce saltpeter, one quart rain water.—Mrs. Geo. A. Cole, Middletown, Conn.

RECIPE FOR REMOVING GREASE SPOTS.

One pint aqua ammonia, one-half pound best white soap, one ounce saltpetre, one gallon water. Shave the soap fine, add the water, boil until soap is dissolved. Let it get cold, add salt petre, stirring until dissolved. Strain, let suds settle, skim

off dry suds, add ammonia. Bottle and cork at once. Directions for use: For grease spots pour upon the article to be cleaned a quantity, rubbing well with a clean sponge, and applying to both sides of the article you are cleaning. Upon carpets or coarse goods when the grease is hard and dry use a stiff brush, and wash with clear, cold water. One application is all that is necessary for fresh grease spots, but for old and dried a second may be required. For Shampooing: Take a small quantity with an equal quantity of water, apply to hair with stiff brush, and wash out with clear water. For Cleaning Silver Ware, etc.: Buy five cents worth of whiting, mix a small quantity, rub with rag. For Killing Bed Bugs: Apply to places they frequent. It will not injure the finest laces or silk.—John B. Campbell, Williams, Ariz.

TO WASH CENTERPIECE.

Never put the embroidered centerpiece in with the family laundry. Wash them by themselves in suds of warm water and pure soap. The ordinary yellow kitchen soap is altogether too strong for delicate work. Wash by rubbing between the hands, and rinse well in two clear waters. In wringing, put it between two towels and twist. The object is to keep the parts of the embroidery from touching each other and prevent the colors from running. Let the piece get nearly dry, place it on a well-padded ironing board, lay a piece of white cloth over it and press with the iron. Do not have the iron hot enough to steam. Do not press too hard or it will mat the threads in the embroidery. In case a part of the linen should get too dry, lay a damp cloth on it and press over that.—Contributed.

TO TAKE IRON-RUST OUT OF LINEN.

Put two or three pints of water in the tea-kettle and let come to a boil. Rub the spots on linen with fresh cut lemon and hold over spout of the kettle. If spot does not disapepar repeat until it does.—Mrs. Tom Smith.

Don't pick a quarrel before it's ripe.

TO WASH POINT LACE, TATTING OR ANY DOILY WITH LACE EDGE.

Cleanse gently with warm water and a pure, white soap, squeezing, not wringing. Have the last rinsing water in a vessel sufficiently large that the doily will float out flat, then slip under it an old napkin or towel, roll up, and let lay a while before ironing. With such a process the edges do not mat, but may be shaken out like new.

TO WASH BEDDING, OR OVERALLS, OR ANY HEAVY GARMENT.

Lay article flat on table or washboard and with ordinary scrub-brush, soap and warm water, scrub thoroughly on one side then on the other until all parts have been covered. In rinsing, souse it up and down in clean water and hang up to dry without wringing. By this method there will be no streaks or wrinkles in the garments.

When cooking anything which is likely to boil over, such as rice, macaroni, breakfast foods, postum cereal, etc., add a small quantity of butter when the food is placed on the stove and all trouble will be avoided.

"A pint is a pound the world around."

OYSTERS

OYSTERS A L'AMBROSIA.

Take three dozen oysters and cut them into dice; make some white sauce by taking some of the oyster liquor; put this with a little red pepper and half a cupful of milk into a basin, then put a heaping tablespoonful of butter into a saucepan over the fire; take a tablespoonful of flour and mix it into a paste with a little of the oyster liquor, and then add the strained liquor to it; pour into the saucepan with the melted butter, and cook it over the fire until thick; remove from the fire and add the juice of half a lemon, add to this one cupful of liquid aspic jelly, and then stir in the chopped oysters very lightly and a gill of cream; turn out on a plate and place on ice till cold and firm. When it is so, shape it into round balls of equal size, about the size of tangerine oranges; smoothe them over with a knife dipped into hot water, and place on ice, or mold them into balls. Have ready some stiff aspic jelly flavored with a few drops of chili vinegar, and when it is in a semi-liquified state and beginning to set, dip each oyster ball into it. This is best done by running a thread through each ball and dipping into the jelly, or lining the balls with aspic and filling in with the oyster mixture. They should be colored red, green, yellow and white, and arranged in a pile like cannon shot; shredded celery, sippets of lemon, and chopped aspic may be used as garnish.

OYSTERS IN BLANKETS.

Have thin slices of bacon, roll each oyster in a slice and fasten with a small toothpick. Have the frying pan quite hot; put in the rolls and cook till the bacon is crisp, pouring off the fat as it accumulates in the pan. Serve on fingers of crisp toast.—Mrs. W. F. Dinney, Williams, Ariz.

OYSTER COCKTAIL.

Three teaspoons horseradish, three teaspoons vinegar, five teaspoons lemon juice, one-half teaspoon tobasco sauce, salt to taste, and one pint of oysters. Mix and serve in tall, thin glasses. This recipe will serve six people.—Mrs. Roy Perkins, Williams, Ariz.

OYSTER COCKTAIL.

Mix together the strained parts: One-half lemon, one-half teaspoonful vinegar, eight drops tobasco sauce, one-third tea-

spoonful mixed horseradish, one-half teaspoonful tomato catsup. Let this stand until needed, in a cool place. Have glass in which this is served very cold and pour the above ingredients over four or five small oysters.—Miss Alma Peterson, Trout Creek, Mich.

OYSTER COCKTAIL.

Mix together the strained parts of, one-half lemon, one-half teaspoonful vinegar, eight drops tobasco sauce, one-third teasponful prepared horseradish, one-half teaspoonful tomato catsup. Add dozen small Bluepoints, let stand five minutes. Keep on ice until needed. Serve two or three oysters in each glass or dish. Delicious.—Mrs. M. S. Carpenter, Hackensack, N. J.

OYSTER COCKTAIL.

One cup chili sauce, five drops lemon juice, one-half teasponful mixed horseradish, three drops Worcestershire sauce, two drops tobasco sauce. Season with pepper and salt to taste. Set on ice until ready to serve. Serve four small oysters in each glass or dish, pouring above ingredients over oysters. This serves six persons.—Mrs. Dermont, Williams, Ariz.

OYSTER COCKTAIL.

One teaspoon of grated horseradish, one tablespoon of tomato catsup, one tablespoon of white wine vinegar, one tablespoon of lemon juice, one-half teaspoon of salt, one-fourth teaspoon of white pepper, a little less of paprika. This makes enough for twelve glasses. Place six oysters in each glass and pour over, and leave twenty minutes or more in a very cold place before serving.—Mrs. Dan Bradley, Manistee, Mich.

OYSTER COCKTAIL.

Open eight small bluepoints over a basin, being sure to save all the liquor; season with two dessertspoonfuls of catsup, six drops of lemon juice, two drops of Worcestershire sauce; a dash of tobasco sauce; season to taste with pepper and salt. Set on ice until ready to serve. Serve five in small, high-stemmed glasses.—Mrs. Dermont, Williams, Ariz.

CREAMED OYSTERS ON TOAST.

Drain off liquor of twenty-five small oysters, one cup white sauce, one-half teaspoon lemon juice.

White Sauce (for Above).

Two teaspoons butter, two and one-half tablespoons flour, one cup hot milk, one-third teaspoon celery salt and pepper

mixed. Melt the butter, add the flour and stir quickly, add the hot milk very slowly. Cook over moderate heat until thick; add seasoning. Put oysters in a granite pan without water; stir slightly. Soon as heated sufficient liquor comes from them to prevent burning. When the edges curl they are cooked. Drain, saving the liquor; add the lemon juice to the oysters and add the oysters to the hot white sauce, mixing well; use the liquor to soften the toast. Serve at once on toast.—Miss Elva Burns, Cliffs, Ariz.

OYSTER DARIOLS.

Take twelve oysters and plump them, strain and cut into dice. Blend together in a saucepan over the fire two heaping tablespoonfuls of butter with two heaping tablespoonfuls of flour. Add the oyster liquor, half a cupful of milk, two tablesponfuls of cream, a grating of nutmeg, one teaspoonful of lemon juice, and a quarter of a teaspoonful of paprika. Stir till boiling, then pour over the beaten yolks of two eggs; now add the oysters; butter some dariol or timbale molds, fill with the mixture, cover with buttered paper, steam for twenty minutes, turn out gently onto a hot dish, sprinkle over with finely chopped parsley and serve at once.—Contributed.

FRIED OYSTERS.

After wiping oysters dry, season well with pepper and salt and dip in egg and cracker crumbs; either fry in butter in frying pan, browning on both sides, or drop in deep fat and fry till brown.—Manistee Public School.

FRIED OYSTERS.

Take good sized oysters, put in colander and drain, then sprinkle with pepper and salt, roll in egg, then in cracker crumbs, and fry in either deep lard or butter.—Mrs. Dan Bradley, Manistee, Mich.

OYSTERS SERVED IN ICE.

Take a thick clear block of ice weighing about seven pounds. With a red hot iron mark out a space, leaving a thick wall of ice. Melt out the center from this, empty out the water and fill the space with oysters. Place on a flat dish, garnish with sliced lemon and bunches of fresh parsley. Serve with chili sauce.

KROMESKIES OF OYSTERS.

Open three dozen oysters, taking care not to spill the liquor. Chop the oysters, and mix with them an equal quantity of

finely chopped cold chicken and six mushrooms, also chopped up. Put these into a saucepan, strain in the oyster liquor, and set the pan on a slow fire. Stir in the yolks of two eggs, two tablespoonfuls of cream and a very little salt and red pepper. Stir gently until the mixture thickens, and when quite thick, turn it out to cool on a plate. When it is cold, form it into little cork-shaped rolls about two inches long. Cut some very thin pieces of rather fat bacon about two and a half inches broad by three inches long. On the smaller side of each of these lay a piece of the mixture, so that it will have the three-inch length to wrap around, fold it into little rolls, and dip these in batter. Fry in smoking hot fat, drain, and serve very hot.—Contributed, Milwaukee, Wis.

MOCK OYSTERS.

To the contents of a can of corn add a half cupful of milk, two eggs, a half teaspoonful of salt and flour enough to make stiff batter. Drop by spoonfuls into hot lard, and fry a nice brown.—Contributed.

OYSTER OMELET.

Twenty oysters, four eggs, eight button mushrooms, and three tablespoonfuls of cream. Separate the yolks from the whites of the eggs, beat the yolks with a fork, and add the cream; beat up the whites of the eggs stiffly, add them to the yolks, cream and salt, pepepr and paprika. Melt a heaping tablespoonful of butter in an omelet pan, pour in the mixture, then put the oysters and mushrooms in the center of the pan, and cook for four minutes. Serve immediately.—Contributed.

OYSTERS FOR PATTIES.

Pint of small oysters and liquor put on fire, add butter half the size of an egg, one-half cupful sweet cream; salt and pepper to taste. Let come to a good scald. If not thick enough add teaspoonful flour. Put in crusts just before serving.—Contributed, Flagstaff, Ariz.

OYSTER PATTIE FILLING.

One cup of oyster liquor, one cup cream, heated and thickened with two tablespoons of flour, one-half teaspoon salt, one-half teaspoon white pepper. Scald oyster (allowing as many as you please for each pattie) until the gills open. While these are scalding, beat the yolks of two eggs. Now draw the hot dressing to the back of the stove and add the oysters (drained from the liquid) and the yolks of eggs, stirring until

like a custard and not a bit longer; keep very hot by setting in a dish of hot water. Serve as soon as possible, filling the pattie shells generously.—Mrs. A. O. Wheeler, Manistee, Mich.

OYSTER PATTIES.

Line some deep gem pans with puff paste, put a teaspoonful of cream into each, sprinkle with chopped parsley and a little tarragon and chervil, and season with mace, red pepper, and nutmeg to taste. Put two oysters in each of the patties, sprinkle with a little grated lemon rind and a small quantity of lemon juice, moisten with oyster liquor, cover with bread crumbs, garnish the tops with a ring of puff paste, place on a baking tin, and bake in a hot oven for a quarter of an hour. Serve as soon as they are done on a hot dish garnished with sprigs of water cress.—Contributed.

OYSTER PIE.

Saute a small slice of ham in pieces of its own fat until brown, then cut into strips an inch wide and two inches long. This size makes easy service. Cover with boiling water and simmer until tender; then add to the casserole with a pint of oysters; dot with butter and dust with pepper, adding more salt if the ham should not be extra salt. Cover with little balls made of raised bread dough, placing them about half an inch apart. Cook in a moderate oven until the crust is done and delicately browned. If preferred, the biscuits may be made from baking powder mixture. It is much better to cut the dough into biscuits for the cover as it bakes better and is less liable to become doughy and soggy. The bread dough must have extra shortening added to it so that it will not be as tough as required for bread. The balls are made after the second rising.—Contributed.

SHREDDED WHEAT OYSTER, MEAT OR VEGETABLE PATTIES.

Cut oblong cavity in top of biscuit, remove top carefully and all inside shreds, forming a shell. Sprinkle with salt and pepper, put small pieces of butter in bottom, and fill the shell with drained, picked and washed oysters. Season with additional salt and pepper. Replace top of biscuit over oysters, then bits of butter on top. Place in a covered pan and bake in a moderate oven. Pour oyster liquor or cream sauce over it. Shell fish, vegetables, or meats may also be used.—Contributed.

SCRAMBLED OYSTERS.

One pint fresh oysters, three eggs, three tablespoons milk, three crackers (rolled), salt and pepper. Scramble in hot butter.—Mrs. W. A. Campbell, Flagstaff, Ariz.

SCALLOPED OYSTERS.

Place in bake dish a layer of seasoned bread crumbs, next a layer of seasoned oysters, and so on until your dish is filled. Between each layer, pour over it, the mixed liquor, beaten egg, and little pieces of butter. If more moisture is needed, use sweet milk. On the top put moistened cracker crumbs. Bake twenty-five minutes. Serve hot with lemon in quarters.—Mrs. Wm. F. Dermont, Williams, Ariz.

OYSTERS IN THEIR SHELLS.

Dissolve two ounces of butter in a saucepan, add a teaspoonful of chopped parsley and a dessertspoonful of chopped mushrooms; add twelve oysters with their liquor, season with a little salt, red pepper and a pinch of grated nutmeg. When the oysters are hot add one hard cooked egg, cut into slices. Allow the whole to simmer for five minutes, and fill the oyster shells with this. Cover it with a mixture of bread crumbs and grated cheese, and sprinkle with a few drops of melted butter. Brown the top, and serve hot, garnished with parsley.

PASTRY AND PIES

"What moistens the lip, and what brightens the eye;
What calls back the past like the rich pumpkin pie."

The butter for pastry should be firm and tough. For pie paste the lard should be fresh and firm, and the pastes mixed with ice water and worked up in a cool place till ready to be baked. To prevent the shrinking of puff paste, it should rest after it is made ready for the oven, and be kept in a cool place from fifteen to thirty minutes.

The baking of pastry requires a brisk heat. Puff paste hotter than pie paste or crust. Puff paste should not be baked with other articles which make steam, because this prevents rising; and when the pies and patties have risen, the heat may be decreased by opening the damper to prevent taking too much color. To bake patties and other puff paste goods, the pans should be wet with water, and not greased. For pie paste the tins and tart forms require greasing. In pie making two kinds of paste are used. The paste for the upper crust is much richer than that used for bottom crust, because if the rich crust were used for the bottom it would become too soggy. The trimmings left over from top crust can be used for the under crust next day.

To obtain a nice deep baked crust, roll out the bottom a little thicker than usual, trim the sides, and prick the paste all over with a fork, to prevent blistering; dust with a little flour, placing an empty pie tin with a clean bottom on the top of the paste (the bottom of the tin may be greased lightly to prevent adhering to the paste). Put the bottom crust in oven and bake. When the paste which shows between the two tins begins to color, the top tin may be removed and the baking finished. Cream and lemon filling for open pies should be filled in the oven while hot.

CHERRY TARTS.

Drain one can preserved cherries. Make a delicate crust and line a pie tin. Bake light brown. Fill with the cherries and cover with juice off the can boiled down thick with more sugar. Turn this hot very slowly over the fruit and set in a warm oven fifteen minutes. Serve cold with or without cream.—J. W. Baylis, Williams, Ariz.

CHEESE TARTS.

One cup of sugar, one cup of currants, one lemon (grated rind and pulp), two beaten eggs. Boil all together, line pie pan or tart form with pie crust, put in filling and bake.—Mrs. Louis Wuichet, Chicago, Ill.

DATE TARTS.

Whites of eight eggs, four cups of granulated sugar sifted five times, two pounds of almonds chopped fine, one and one-fourth pounds of dates chopped fine, one-half teaspoonful of vanilla; beat eggs stiff, gradually add sugar, add one-half of dates and one-half of nuts, mix, add rest of dates, nuts, and vanilla. Grease and flour pans.—Miss Dempsey, Manistee, Michigan.

CINNAMON TARTS.

Ingredients—One cup brown sugar, one-half cup butter, one-fourth teaspoon cinnamon mixed with three tablespoons granulated sugar, one egg, one-half teaspoon baking powder, one and one-half cups flour, blanched almonds or seeded raisins. Method—Sugar to remove lumps, before measuring. Cream the butter, add the sugar, thoroughly beaten eggs and the baking powder sifted with the flour. Roll thin as possible, cut in diamond shape with a thin knife, brush top with beaten white of egg, sprinkle little cinnamon and sugar and place on butter sheet and bake eight minutes in a slow oven. A sheet is better than a pan, the latter retains too much heat.—Mrs. Richardson, Los Angeles, Calif.

"A pint is a pound the world around."

QUICK PUFF PASTE.

One-half pound (one-half pint) cold butter, one-half pound cold flour. Chop the butter into the flour in small lumps about the size of dice; sprinkle with ice water, just enough to hold together, and mix very light. Put on flour dusted bake board, and press into a square shape; roll out half an inch thick and fold in three; give one more turn and give a rest; give three more turns (five altogether), and it is ready for use. The same mixture may be made with the addition of one teaspoon baking powder. Mix baking powder in the flour.—Contributed, Williams, Ariz.

PIE CRUST.

Two cupfuls cold flour, four tablespoonfuls cold lard, one teaspoonful salt. Rub lard into flour and salt. Moisten with

as little ice water as will mould well. Put little flour on baking board, and roll out for under crust. For upper crust roll out some of the above dough, and spread some soft butter or lard over it; fold over and roll again. Make holes in upper crust for ventilation. Dampen edge of under crust with ice water or beaten egg before putting together.—Mrs. M. S. Carpenter, Hackensack, N. J.

PIE CRUST.

One cupful flour, one tablespoonful butter, one tablespoonful lard, pinch soda, one-half teaspoonful salt. Sift salt, soda and flour in a mixing bowl, put in the cold butter and lard in the bottom of the bowl, cutting it with a knife into pieces about the size of dice. Moisten with as little ice water as will mould well. Roll out for under crust. If wanted richer for upper crust, spread on butter and roll again. Moisten edges with beaten egg.—Miss Charlotte Wickstrom, Hartford, Conn.

NEVER FAIL PIE CRUST.

Three cups of flour, a pinch of salt, one scant half teaspoon baking powder sifted in flour, one-half cup lard, one-half cup butter, one-half cup ice water. Mix dry ingredients well, then add water; mix and roll out, double over and roll out several times as the rolling and doubling over each time make it flaky.—Mrs. Geo. Barney, Williams, Ariz.

PIE CRUST.

Eight heaping tablespoonfuls of sifted flour, four tablespoonfuls of water, two tablespoonfuls of lard, pinch of salt.—Mrs. Don Reed, Harper Ferry, Kans.

OPEN APPLE PIE.

Line a deep pie tin with crust made of one cup flour, one-third cup cottolene, add just enough water to handle dough, enough for two crusts. Pare and quarter three Belleflower apples and lay rounded side down; make a paste of two-thirds cup of sugar, one tablespoon of butter, one of flour, and two of hot water, fill in around the apples and bake to a light brown.—Mrs. H. S. Aphold, Honolulu, H. I.

ENGLISH APPLE PIE.

Use Belleflower apples. Line a pie tin with rich pie crust, place apples in crust quite full, put on top crust and bake. When done remove from oven, with a sharp knife cut all around the edge of crust and remove the top crust, put in

butter and sugar; mix all together well, return the top crust and set away until you wish to serve.—Mrs. Geo. Barney, Williams, Ariz.

SLICED APPLE PIE.

Slice four small Belleflower apples, put just enough water over to stew a little; cover tight and cook a few minutes. Make good rich crust and slip cooked apples into it without breaking up. Then put over one cup sugar, sprinkle lightly with flour, several pieces of butter, and a little nutmeg. Put on top crust and bake.—Miss Retta Beasley, Flagstaff, Ariz.

A woman has thirteen apples and twelve children, and she wants to divide the apples equally. How does she do it?
Answer.—She makes apple sauce.

BANANA PIE.

Bake crust and let cool. Boil one cup of milk, one-half cup of sugar, yolks of two eggs, two tablespoonfuls of flour until it thickens. Let cool; slice two bananas in the crust and pour over the custard; beat whites of eggs stiff, put on top and return to oven to brown.—Mrs. John Clark, Flagstaff, Ariz.

CHESS PIE.

One cup sugar, one tablespoon flour, one teaspoon cinnamon, one-half teaspoon cloves. Mix well together, add lump butter size of walnut, one egg or yolks of two eggs, one cup water. Boil all together, stirring well. Fill baked crust and cover with meringue (whites of two eggs beaten with two tablespoons sugar), and brown in oven.—Mrs. R. Luce, Winslow, Ariz.

CHOCOLATE PIE.

Four tablespoons cocoa, three cups milk, three-fourths cup sugar, butter size of walnut. Cook together; then add two scant tablespoons of corn starch dissolved in a portion of the milk. After the mixture has thickened add three well beaten eggs. Remove from stove and flavor with vanilla.—Mrs. J. E. Jones, Flagstaff, Ariz.

CHOCOLATE PIE.

Two cupfuls milk, yolks of two eggs, one-half cup sugar, half cup grated chocolate or cocoa and two tablespoons corn starch. Let milk and sugar come to boiling boint, add corn starch wet in a little milk, add chocolate, eggs and teaspoon vanilla. Pour into baked crust and cover with meringue of whites of eggs.—Mrs. W. A. Mayflower, Flagstaff, Ariz.



CHOCOLATE PIE.

Four tablespoons grated chocolate, one pint water, yolks of two eggs, two tablespoons corn starch, one cup of sugar, butter the size of an egg. Boil until thick, pour into a baked crust. Whip whites of eggs and spread on top; brown in oven.—Mrs. C. A. Neal, Seattle, Wash.

CHOCOLATE PIE.

Beat the yolks of two eggs with half a cup of sugar; add two ounces of sweet chocolate and a cup of milk. Line a pie plate with pastry, prick with a fork, brush with the white of an egg and bake. When half done pour in the mixture and finish baking in a moderate oven. Cool slightly and then cover with a meringue made of the whites of two eggs, two tablespoons of sugar and vanilla to flavor.—Mrs. W. Patterson, Williams, Ariz.

CHOCOLATE PIE.

One pint milk, a square of chocolate heated, add three-fourths cup of sugar, yolk of two eggs, one teaspoonful of vanilla; thicken with one large tablespoon of corn starch or flour. Have the crust baked, and fill with the above filling. Beat whites stiff, add a little sugar and put on top and brown. —Mrs. L. R. Walcott, Winslow, Ariz.

COCOANUT PIE.

Pint of milk, one cup of sugar, butter size of an egg, two tablespoons of corn starch, yolks of three eggs. Boil until thick, then add one small package of cocoanut, pour into a baked crust. Whip whites of eggs and spread on top, brown in oven. Flavor with vanilla.—Mrs. C. A. Neal, Seattle, Wash.

COCOANUT PIE.

Beat one-half cup of butter and one cup of sugar, add one-half of a cocoanut grated, four eggs, one teaspoonful of corn starch and one quart of milk.—Mrs. Geo. A. Coles, Middletown, Conn.

CRANBERRY PIE.

Mix one-half cup corn starch with two cups sugar, pour on one cup boiling water, and stir until boiling, then add one-half cup molasses, one-half teaspoonful salt, one tablespoonful sugar, and one quart cranberries, chopped fine. Use this mixture as a filling for two pies made with upper and lower crusts.

HOW TO MAKE CREAM PUFFS.

Put half a pint of water and four level tablespoonfuls of butter into a saucepan, sift and measure half a pint of flour. When the water is boiling and the butter thoroughly melted turn in hastily the flour and stir rapidly over the fire. In a moment you will have a perfectly smooth, soft dough, free from stickiness. Take from the fire and stand it aside until partly cool. Break an egg into a cup, then turn it into the batter, beat for a moment, then add another and another; beat thoroughly and add a fourth, breaking each into the cup first, for one bad egg would spoil the whole mixture. After the last egg beat the batter for five minutes and stand it aside in a cool place for an hour and a half, then drop by tablespoonfuls into greased shallow pans and bake in a moderate oven for thirty-five or forty minutes. When the puffs are done they will be hollow and perfectly light. The batter must be dropped far enough apart to leave room for swelling.

To make the filling put half a pint of milk in a double boiler. Mix a tablespoonful of flour, half a tablespoonful of cornstarch and six tablespoonfuls of sugar. Add hastily the hot milk; stir, pour the mixture back into the double boiler and stir and cook until thick and smooth. Then add one egg beaten until very light, cook just a minute, take from the fire, add a teaspoonful of vanilla and turn the mixture out to cool.—Contributed, Williams, Ariz.

CREAM PIE.

One cup pure, sweet cream, whites of three eggs beaten light. Mix together dry one-half cup sugar and one teaspoon corn starch then stir this mixture into the cream. Fold the beaten eggs into the cream and flavor to taste. Bake as you would custard pie.—Mrs. Robt. Finnie, Soda Springs, Ariz.

CREAM PIE.

One cup sugar, one tablespoonful corn starch, two tablespoons flour, four yolks well beaten, two cupfuls milk, one teaspoonful vanilla. Boil in double boiler until right consistency. Fill shells of baked puff paste with mixture. Put beaten whites on top and set in the oven a moment to brown. Serve almost cold.—Mrs. M. S. Carpenter, Hackensack, N. J.

CREAM PIE.

One tablespoon corn starch, two-thirds pint milk, salt, yolk of one egg. Beat the white with a little sugar for the top. Put in the oven a minute. The crust is baked separately, then filled.—Mrs. Geo. A. Cole, Middletown, Conn.

CREAM PIE.

Yolks of two or three eggs, one-half cup sugar, small lump butter, one and one-half cups milk, one tablespoon corn starch, one teaspoon extract.—Mrs. Daggs, Williams, Ariz.

CREAM PIE.

One cup sugar, one-half cup butter, one-half cup sweet milk, two scant teacups of flour, two teaspoons of baking powder. Makes two pies. Split open pie and put in this filling: One pint sweet milk, three heaping tablespoons of sugar, three tablespoons of corn starch. Frosting over top: Whites of three eggs well beaten, three even tablespoons of sugar.—Mrs. Ree Stockton, Librarian, Somerville, Texas.

GERMAN CREAM PIE.

One-half cupful hard butter, three-fourths cupful flour with one-half saltspoonful baking powder, one-half saltspoonful salt. Moisten with one well beaten egg. Put little flour on moulding board, and roll above dough very lightly. Oil tin, cover the bottom with rolled dough, moisten with egg around the edges. Bake ten minutes in a moderate oven. Filling: Put one cupful milk in double boiler, six tablespoonfuls sugar, two tablespoonfuls flour, two teaspoonfuls vanilla, yolks of three well beaten eggs. Cook until it thickens. Cool and add to above crust. Brown slightly in the oven. If a meringue is desired, do not brown until you have added the beaten whites of three eggs with two tablespoonfuls sugar on top of pie. Then brown slightly.—Mrs. Dermont, Williams, Ariz.

STRAWBERRY CREAM PIE.

Cream two rounding tablespoonfuls butter, and beat in three-fourths cup sugar, add one whole egg and one yolk of egg beaten light. Sift together one and one-fourth cups flour, one-third cup corn starch, two and one-half level teaspoonfuls baking powder, and add alternately with one-half cup milk to butter and sugar. Bake in two round layer cake pans. When ready to serve, put cream filling between layers and meringue over top. For cream filling, mix two and one-half level tablespoonfuls corn starch with three tablespoonfuls cold milk, add one cup scalded milk. Cook thoroughly over hot water for twenty minutes, stirring frequently after first thickened. Add one-fourth cup sugar, few grains salt, one-half teaspoonful butter, one-fourth teaspoonful lemon extract, and one well beaten egg. Remove from fire, beat well, and cool before

spreading on cake. When ready to serve, prepare meringue for top by beating whites of two eggs very stiff. Add gradually and beat in well one-fourth cup powdered sugar, with a few drops lemon juice. Put meringue over top of pie, and drop ripe strawberries into meringue so as to half conceal them in the fluffy mixture. This pie should be served as soon after preparation as possible.—Contributed, Williams, Ariz.

SOUR CREAM PIE.

One egg, one cup sour cream, one cup chopped raisins, one-half cup sugar, one-fourth teaspoon cinnamon, one-fourth teaspoon cloves. Mix and bake in double crust.—Mrs. C. C. Hutchinson, Flagstaff, Ariz.

CUSTARD PIE.

Heat three cups of milk, beat yolks of three eggs very light and one-half cup of sugar, one-half teaspoon of salt and a little nutmeg; add the hot milk and the whites of three eggs beaten stiff. Brush the crust with the white of an egg.—Mrs. C. A. Lindstrom, Bellmont, Ariz.

FRENCH PIE.

Yolks of four eggs, one cup maple syrup, one-half cup sugar, one-half cup butter; mix well. Made without top crust, beat slowly whites of two eggs, one-half cup sugar; place on top and brown lightly in oven.—W. A. Fields, Williams, Ariz.

LEMON FRUIT PIE.

One cup of raisins, stoned and chopped fine; the juice and pulp of one lemon, one cup of sugar, one egg, and three tablespoonfuls of water. Bake with two crusts. This is very nice. —Miss Katherine Anderson, Williams, Ariz.

FILLING FOR LEMON PIE.

Beat thoroughly yolks of three eggs, add one-half cup sugar, five tablespoons water, juice and rind of one lemon. When about ready to boil take off, stir in the beaten white. Place in crust that has previously been baked and brown. This is delicious.—Mrs. Metlar, San Francisco, Calif.

LEMON PIE.

One coffeecupful of sugar, one coffeecupful of water, one tablespoonful of melted butter, one tablespoonful (heaping) flour, one lemon, the juice and a little of the rind. Mix sugar, flour, melted butter and well beaten yolks of eggs, lastly

water, reserving the whites of the eggs for meringue. This may be put into the crust and baked about forty minutes, or, the crust may be baked first and the filling made in double boiler, then put into the crust with the meringue on top, and set in the oven long enough to brown lightly. The three whites of eggs beaten thoroughly with one tablespoonful of sugar makes the meringue.—Mrs. A. J. Dovel, Manistee, Mich.

LEMON PIE.

Filling for one pie: One whole egg, yolks of two, one scant cup sugar, one tablespoon butter, one tablespoon flour, two-thirds cup water, one lemon.—Mrs. E. Lamb, Williams, Ariz.

LEMON PIE.

One cup sugar, one tablespoon flour, yolk of one egg beaten thoroughly, then add juice of one large lemon or two small ones, also one cup sweet cream; boil in double boiler till thick. Have crusts already baked. This will make two pies. Beat whites and put over top and brown lightly.—Mrs. C. M. Wolfe, Williams, Ariz.

LEMON PIE.

Dissolve three tablespoonfuls of corn starch in a little cold water and stir in three cups of boiling water; cream two tablespoonfuls of butter and two cups of sugar; pour over the hot mixture; cool; add juice and grated rind of two lemons and the beaten yolks of three eggs. Bake, put beaten whites on top and return to oven to brown.—Mrs. C. Lindstrom, Bellmont, Ariz.

LEMON PIE.

Four eggs, one and one-half cups sugar, one lemon, four tablespoons flour, one cup water. Beat yolks of eggs and add sugar. Grate in the rind of lemon and add the juice and flour and then water. Pour in a pie tin lined with pie crust (do not bake crust first) and bake. When done, cover with the beaten whites to which four tablespoons of sugar and a little lemon extract has been added. Place in the oven and brown slightly. —Mrs. Chas. Burke, Williams, Ariz.

OHIO LEMON PIE.

One cup thick maple syrup, one lemon, one heaping tablespoon flour; pare the lemon and cut in thin slices into the lower crust. Mix flour thoroughly with maple syrup and pour over the lemon and then put on the top crust and bake as other pies till filling is thick.—Wm. D. Finney, Williams, Ariz.

FIG MINCE MEAT PIE.

Weigh half a pound of flour, sift it, rub in three tablespoonfuls of butter or lard, add one teaspoonful of baking powder and a pinch of salt, then gradually add just enough cold water to form a stiff paste. Roll out once. Line small moulds with the pastry and fill with mincemeat, adding a few chopped figs. Bake in a hot oven for fifteen minutes.—Contributed, Hackensack, N. J.

MOCK MINCE PIE.

To one cup chopped raisins add one cup rolled crackers, one cup molasses, one cup dark brown sugar, one cup vinegar, one-half teaspoon cinnamon, one-half, each, of grated nutmeg, allspice and cloves. Stir thoroughly and add one teaspoon melted butter. Bake in deep pie dish between two crusts.—Miss M. J. Orth, Los Angeles, Calif.

ORANGE FILLING FOR PIE.

Three-fourths cup sugar, three tablespoons flour, two egg yolks, juice and grated rind one orange and one tablespoon of lemon juice, one teaspoon butter, one-half spoon salt. Mix sugar, flour, yolks of eggs, salt, rind and juice of orange and lemon, pour over three-fourths cup of boiling water and stir in double boiler until thick, turn into pie form, and cover with meringue.—Mrs. Finney, Williams, Ariz.

SWEET POTATO PIE.

One cup sweet potato, put through sieve; two eggs well beaten, one cup sugar, one pint milk, tablespoon melted butter, tablespoon flour, pinch salt, half teaspoon cinnamon. Mix well. Bake in one crust.—Mrs. J. F. Daggs, Williams, Ariz.

PRUNE PIE.

Make an ordinary pie crust, line tin and bake. Then make a filling as follows: One cupful of sugar, yolks of two eggs, two tablespoonfuls of flour, one teaspoon of vanilla, one teacup of cooked mashed prunes, one teacup of water, and butter about size of a walnut. Boil the filling until thick, put into pie crust. Then beat the whites of the two eggs to a froth; mix with two teaspoons of sugar, spread on filled crust and brown.—Mrs. W. A. Parr, Winslow, Ariz.

PUMPKIN PIE.

Cut pumpkin in pieces about four inches square. Remove seeds and pulp, but not the rind. Steam two hours or until nice and soft. Put in the oven one moment to dry. Run all through a colander. To one cupful of pumpkin add one cupful rich, sweet milk, two beaten eggs, two tablespoonfuls molasses,

one teaspoonful ginger, pinch salt and cinnamon, each; one-half pinch cloves. Sweeten to taste; butter the size of walnut. If the above is not soft enough add more milk. Bake with under crust only. Serve not quite cold with Edam cheese.—Miss Charlotte Wickstrom, Hartford, Conn.

RAISIN PIE.

One cup of sugar, one cup of water, one cup of raisins, one tablespoonful of corn starch. Boil all until cooked. Add the juice of a lemon. Bake with two crusts.—Mrs. Don Reed, Harper, Kans.

RAISIN CREAM PIE.

One egg, one cup chopped raisins, one cup of sour cream, one-half cup of sugar, season with cloves and cinnamon. Bake in one crust.—Mrs. John Clark, Flagstaff, Ariz.

RAISIN PIE.

One pound seeded raisins. Boil fifteen minutes in one pint water; add one cupful sugar, two tablespoonfuls vinegar, three tablespoonfuls corn starch dissolved in a little cold water, one grated nutmeg, butter size of a walnut and a little salt; let boil fifteen minutes longer. Bake in one or two crusts as desired. (This will make three small or two large pies.—Mrs. James F. Mooney, Grand Rapids, Mich.

MRS. E. T. WILLARD'S SQUASH PIE WITHOUT EGGS.

Boil until tender one-half medium size squash, then mash through colander, add one pint of milk, seven small soda crackers rolled fine, salt, sugar and spice to taste. This will make two pies.—Contributed, Chicago, Ill.

RELIABLE MINCE PIES.

One pound of currants, one pound of Sultana raisins, one pound of candied citron peel, one pound of chopped suet, one pound of chopped apples, one pound of brown sugar, one pound of seedless raisins, one-half pound of chopped almonds, one ounce of mixed spices, grated rind and juice of three lemons, grated rind and juice of three large oranges. Chop the peel fine and put it into a large jar, then add all the other ingredients. The raisins and currants should be carefully cleaned. Mix and cover. Keep for two weeks before using. For a dozen individual mincemeat pies line gem-pans with puff pastry; put in the center two heaping teaspoonfuls of the mincemeat; cover with rounds of pastry the size of the top of the pies. Brush over with beaten egg, and bake in a hot oven for fifteen minutes. —Marion N. Godkin, in Ladies' Home Journal.

TWO PERFECT PIES

By CAROLINE COE

The cool fall days make the "good wife" think of a little heavier desert. And as the men of all households adore pie, the two recipes given will be helpful and fill a long-felt want.

LEMON PIE

Mix thoroughly 1 cup of sugar and 1 tablespoonful of cornstarch. Add the yolks of 2 eggs and beat until light and foamy. Wash 1 large lemon, grate ½ of rind and add to the sugar and egg. Add juice of lemon and just a hint of salt. Put in double boiler with 1½ cups of cold water. Cook until thick and clear, cool and put into rich pie shell. Beat the whites of 2 eggs to stiff, dry froth, add 2 tablespoonfuls of sugar and spread over top of pie. Brown lightly in quick oven.

COCOANUT PIE

One cup of freshly grated cocoanut, 2-3 of a cup of sugar; yolks of 3 eggs beaten together until light; add a little salt and 1½ cupfuls of milk; turn into pie pan lined with rich crust and bake in quick oven 20 minutes. Beat the whites of 2 eggs to stiff, dry froth and add 2 tablespoonfuls sugar; spread over pie and set in quick oven to brown. Serve warm. If dessicated cocoanut is used, soak over night in milk.

...with
rhubarb, rais...
...rs and egg; fill pie...
pastry or make a ... top,
bake about 40 minutes.

FLAKY PASTRY.—1 C flour, 4 T lard, ½ t salt, cold water, about 6 T. Add salt to flour and work in one-half the lard with finger tips. Keep coarse and flaky. Moisten dough with ice water, turn on slightly floured board, turn in flour, pat and roll out. Fold in balance of lard (which should be rather soft) by placing other half of crust over it; press edges together firmly to incase as much air as possible, press with a rolling pin and roll it out. Fold again and roll. Do this three times. Use at once, or place in covered dish in cool place. This quantity will make one pie with two crusts, or one pie with the crust built up.

SATURDAY.

Breakfast.

Creamed Corn Beef. Potatoes
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PICKLES

"Peter Piper picked a peck of pickled peppers."

RIPE CUCUMBER PICKLES.

One-half dozen large ripe cucumbers, twelve onions, one red and two green peppers. Chop coarse and let stand one hour in strong brine. Drain dry, and scald in vinegar and water. Drain again and cook in syrup until clear; add one coffeecup of sugar and one of vinegar.—Mrs. H. M. Stark, Williams, Ariz.

RIPE CUCUMBER PICKLES.

Twelve ripe cucumbers, pare, take out the seeds, and cut in pieces the desired size. Place in a jar and cover with boiling water in which a good handful of salt has been put, and let remain over night. In the morning drain and put in vinegar for twenty-four hours. Cook until clear in the following: One quart of cider vinegar, two ounces cinnamon buds, one-half ounce whole cloves.—Mrs. Sloan, Manistee, Mich.

STUFFED CUCUMBERS.

Take large cucumbers (sour, salt or dill), slit down one side and remove the seeds, then soak in clear water until fresh, changing water if necessary. Drain and wipe carefully. Fill with seeded raisins, adding to each cucumber three cloves, half a thin slice of lemon (rind and fruit), two or three thin slices citron, then tie up and squeeze out all remaining water. Make a rich sweet pickle syrup as for any sweet pickle only omitting spices. Lay cucumbers in syrup enough to cover them and cook slowly for half an hour, turning over once. Set away in a covered vessel and pickles will be ready for immediate use, though improved by standing some days.—Mrs. Lacy, Seattle, Wash.

FINE CRISP PICKLES.

One gallon vinegar, one cup salt, one-half cup ground mustard. Mix all together and throw in your cucumbers. Keep them under the vinegar and they will be fresh as long as kept. —Mrs. McLaity, Manistee, Mich.

SLICED MIXED CUCUMBER PICKLES.

Five dozen cucumbers (largest pickling size), one-fourth peck white onions sliced thin, five large red peppers cut in

strips, one-half pound of white mustard seed, one-half pound of ground mustard, one cup granulated sugar, one-eighth pound celery seed, six sticks of horseradish (ground). Put onions and cucumbers and a layer of salt in a bag over night. Squeeze as dry as possible. Measure the brine drained off and add same amount in vinegar; add the ground mustard. Mix all ingredients well and pour over the vinegar. Seal while hot. —Mrs. Louis Wuicket, Chicago, Ill.

SPICED CURRANTS.

Five pounds currants, three pounds sugar, two tablespoons cloves, two tablespoons cinnamon, one tablespoon allspice, one pint vinegar. Boil one-half hour.—Mrs. Geo. A. Cole, Middletown, Conn.

SPICED CURRANTS.

Make a syrup of one pint vinegar and four pounds sugar; add two teaspoons cinnamon, two teaspoons allspice ,one teaspoon cloves, one-half teaspoon mace, one-half teaspoon salt. When boiling add four pounds currants and boil twenty minutes. It will keep in open glasses same as jelly.—Mrs. Lacy, Seattle, Wash.

SPICED GOOSEBERRIES.

Twelve pounds fruit, either green or ripe, one pint vinegar, eight pounds sugar, one tablespoon of cloves, one tablespoon cinnamon (ground). Just cover berries with water and let them cook a long while before adding other ingredients, then cook down until like jelly. Seal in jelly glasses. Especially nice to serve with hash.—Mrs. Henry Marsh, Manistee, Mich.

FRENCH PICKLES.

Four quarts green tomatoes, one quart small onions, one small cabbage, one cauliflower, six green peppers. Cut all in small pieces and let stand twenty-four hours in light brine. Then drain in a colander very dry.

Paste for Pickles.

Six teaspoons of ground mustard, one tablespoonful of Tunic powder to color, two cups white sugar, one cup flour, water enough to mix into a paste. Bring to a boiling heat two quarts of best vinegar, one pint of water. Cook the paste as thick as custard, add to pickle and seal in fruit jars.—Mrs. T. A. Barney, New Haven, Conn.

MIXED FRUIT PICKLES.

Two dozen large cucumber sour pickles, one dozen small cucumber sweet pickles. Soak in clear water for two days, changing water several times. Peel the large cucumbers and cut in long strips, thick rounds and other fancy shapes, place in a jar with the small cucumbers, one can each of canned peaches, sliced pineapple, and white cherries; drain juice from pineapple and cherries, but retain the peach juice, put these in another jar. In another jar put one pound of figs washed well, and two pounds of raisins on the stem washed in hot water. Make a syrup of four pounds of light brown sugar and one-half gallon of cider vinegar, to which add two tablespoonfuls ground mustard, five cents worth each of mace and cloves (whole), stick cinnamon and mustard seed; boil to a thick syrup, divide into three parts and pour over the jar of cucumbers, the jar of canned fruit and the jar of figs and raisins, close tight. Will be ready in a week or ten days. The canned fruit will take the vinegar sooner and may be prepared several days after the cucumbers.—Mrs. K. W. Williams, Cynthiana, Ky.

SWEET MIXED PICKLES.

One peck of green tomatoes, one peck of ripe tomatoes, four heads of cabbage, two pounds of brown sugar, one dozen green bell peppers, one dozen red bell peppers, five quarts of good cider vinegar, celery and mustard seed to taste. Chop everything up fine and mix well. Pack in jar and mix in one pint of salt, let stand twenty-four hours, then press out all moisture. Cover with the vinegar and let boil twenty minutes. Seal in glass jars.—Mrs. J. H. Copeland, Point Richmond, Calif.

MUSTARD PICKLES.

Two quarts green tomatoes, two quarts green cucumbers, two quarts small onions, two heads cabbage, two heads cauliflower, one stalk celery, one-half dozen green or bell peppers. Slice each, and boil all together in water and vinegar enough to cover, putting in one teaspoonful of powdered alum. When cooked done, put them on the back of the stove to cool. Then mix together, one-fourth pound ground mustard, one-half ounce turmeric, two cups sugar, one cup flour. Smooth all gradually into a paste, using a little of the cooling vinegar; stir all together; heat to a boiling point. Pack in glass jars. Or, this will keep well in an earthen jar, having a tight cover. —Mrs. J. Selman, Williams, Ariz.

MUSTARD PICKLES.

Take medium sized cucumbers, wash thoroughly, wiping dry. To one gallon cider vinegar add two cups sugar ,one cup salt, three-fourths cup dry mustard. Put pickles into a crock and pour the mixture over cucumbers, cold. Cover the crock, putting weight on top. One gallon of vinegar will cover four gallons of pickles.—Mrs. Langton, Monroe, Mich.

MUSTARD PICKLES.

One quart large cucumbers cut fine, one quart small cucumbers, two quarts small onions, one quart green tomatoes, eight heads cauliflower, nine green peppers, sliced; one gallon vinegar, seventeen tablespoons mustard, one cup flour, three cups brown sugar, one good handful of salt, one-half pint olive oil, one-half ounce tumeric powder.—Mrs. H. M. Stark, Williams, Ariz.

PICKLED RIPE OLIVES.

Make French dressing. Use equal portions of vinegar and olive oil. Add small onion sliced, and small portion of clove of garlic. Cover ripe olives and let stand twenty-four hours. Serve olives with the dressing—Mrs. C. C. Hutchinson, Flagstaff, Ariz.

PICKLED WATERMELON RIND.

Boil till tender, throw away the water, three quarts fruit, one quart vinegar, three pounds sugar. Boil vinegar and sugar with whole spices to taste. Heat three successive days and pour over fruit.—Mrs. Geo. A. Cole, Middletown, Conn.

TOMATO RELISH.

One peck ripe tomatoes; peel, chop fine and drain over night. add two cups chopped celery, six onions, three green peppers, one quart good vinegar, two pounds brown sugar, one-half cup salt, one ounce white mustard seed, one ounce cinnamon. Don't cook. Keeps always and is very good.—Mrs. Henskey, Mulliken, Mich.

SWEET TOMATO PICKLES.

One peck green tomatoes, one dozen onions, slice, sprinkle salt through layers, let stand over night, then drain; rinse with cold water. Cook in clear vinegar until tender. Drain and put in stone jars in layers, sprinkling each layer with a little whole allspice, cloves, and black peppers, boil one quart of vinegar, two pounds brown sugar and one-half cup of ground mustard and pour over pickles.—Mrs. E. H. Ayer, Detroit, Mich.

SLICED GREEN TOMATO PICKLES.

One peck green tomatoes, six large onions; slice thin, sprinkle through them one cup salt; let stand over night, drain off next morning. Take one quart vinegar and two of water; boil tomatoes and onions five minutes. Drain through colander. Put together four quarts vinegar, two pounds brown sugar, one-half pound ground mustard, two tablespoons cloves, two of cinnamon, six green peppers chopped. Pour over the tomatoes and boil fifteen minutes.—Contributed, Trout Creek, Mich.

RASPBERRY VINEGAR.

Three pounds fruit, one quart vinegar; mix. Let stand three days, strain through flannel bag without pressing. To one pint juice add one pound sugar. Do not stir, but when boiling stir sugar in quickly till dissolved. Let the whole boil three minutes. Better when cool.—Mrs. G. A. Cole, Middletown, Conn.

POULTRY

"To swallow gudgeons ere they're catched
And count your chickens ere they're hatched."
—Butler.

CREAM CHICKEN.

One chicken of four pounds, four sweetbreads, and one can mushrooms; boil chicken and sweetbreads separately, put chicken and mushrooms and sweetbreads cut up in small pieces in a dish; add four tablespoons of butter, five tablespoons of flour, scald one quart of cream and put in the mixture; season with salt, pepper, cover with bread crumbs and dots of butter on top. Bake fifteen to twenty minutes.—Mrs. Geo. Barney, Williams, Ariz.

CHICKEN CREAMED.

Two chickens (good size), two sweetbreads, two cans mushrooms, one quart cream or half milk, one scant teacup flour, one-half cup butter. Put cream on stove. When hot stir in flour moistened with a little milk and butter. Salt, pepper and parsley to taste. Let cool before using. Cook chickens and sweetbreads and pick up as for salad. Put a few grated bread crumbs in bottom of baking dish then add layer of each ingredient, alternating the chicken, sweetbreads, mushrooms and dressing until all have been used. Finish with dressing and sprinkle crumbs on top. Bake twenty minutes or until a golden brown.—Mrs. R. W. Bryden, Los Angeles, Calif.

CHICKEN CREAMED.

Cut into small dice the white meat of cooked chicken. Melt two tablespoons of butter, stir in two heaping tablespoons of well sifted flour; when creamy and smooth add a little at a time a pint of hot milk, stirring constantly to keep from lumping, let it boil up once, add one teaspoonful of grated onion, little salt, and the yolks of two raw eggs, stir briskly; cut two fresh mushrooms fine, fry lightly in butter, one sweet green pepper shredded, a generous tablespoonful of capers chopped fine and a suggestion of grated nutmeg. Add chicken and serve.—Mrs. Gardner, Manistee, Mich.

CREAMED CHICKEN FILLING FOR PATTIES.

Cut the meat from a cold roast or boiled fowl into bits, but do not chop. The white meat is best for this, but the dark may

be used if desired. There should be a cupful of the chicken dice. Season with salt, white pepper, and a dash of nutmeg. Cook together in a saucepan a tablespoonful, each of butter and flour, and, when these are blended, pour upon them a cupful of rich milk—half cream, if you have it—and stir to a smooth white sauce. Put the saucepan in an outer pan of boiling water and stir into it the chicken. If more seasoning is needed, add it, and a teaspoonful of minced parsley. When heated through, fill pastry shells with the mixture, set in the oven until very hot, and serve.

CREAMED CHICKEN AND MUSHROOMS.

Parboil a good sized chicken. Boil liquor down until it makes three-fourths of a pint. Boil fresh mushrooms in water with salt, about twenty minutes. Then cut up the chicken and mushrooms and mix.. Take one-half pint of cream, let come to a boil, add the liquor and a big tablespoon of butter, salt and pepper to taste, and thicken with flour. Then add the chicken and mushrooms and cook about fifteen minutes. Will serve six or eight people.—Mrs. Charles M. Smith, Thomasville, Ga.

FRIED CHICKEN.

Select half-grown chicken, scald, clean, dress and disjoint. Roll pieces in flour seasoned with pepper and salt. Put in covered pan in hot butter, over medium hot fire. Serve hot.

Gravy for Above.

Pour about a quart of milk into the hot frying pan from which the chicken has been taken, allowing it to boil up good. Season to taste, and thicken with a little flour. Pour gravy over the chicken, and serve hot.—Mrs. Elizabeth Hull (age 95 years), Williams, Ariz.

FRIED CHICKEN.

Wash and cut up young chicken, wipe dry, season with salt and pepper, dredge with flour, or dip each piece in egg and cracker crumbs. Have in frying pan one ounce each of butter and sweet lard made boiling hot. Lay in chicken and fry brown on both sides; take up and cover until served. Stir into the gravy left, one tablespoon of flour and a cup of cream or milk; season with salt, pepper and parsley, if desired, and let boil up. Then gravy is ready to serve.—Mrs. James Kennedy, Williams, Ariz.

FRIED CHICKEN.

A pair of spring chickens about two pounds each in weight. Draw, singe and be most careful to get all pin feathers off. Cut off the wings, neck, legs. Take the ends of the wings, the necks and giblets, all but the livers. Cover with cold water and a pinch of salt. Boil until very tender using the liquid for the gravy and the giblets, to chop in it. Serve the back and breast, leaving the breast whole and the back as well, using the upper neck piece for stewing. Take a clean linen cloth and wring it frequently out of cold, clear water carefully wiping each piece before flouring. After each piece is wiped off flour very thickly with pastry flour into which salt and pepper has been freely shaken. Have two iron spiders on the stove with a large piece of butter in each, allowing it to get very hot. When you feel sure that the butter is hot lay the two breasts in right side down, allowing both halves to brown nicely, the backs, second joints, legs and wings after the skin side is well browned. Turn each piece over onto the bone side and cover the spiders tightly, pouring a very little of the gravy from the giblets in the bottom to create a steam. Cook very slowly for fifteen or twenty minutes, lift out on a hot platter, garnish with parsley.

Gravy.

Into the hot butter sift a tablespoon of flour and stir in the liquid from the giblets and allow to thicken smoothly, stirring all the time. Chop the giblets fine, add, and allow all to come to a boil. Serve in gravy boat. Do not pour on the chicken.—Wm. B. Mershon, Saginaw, Mich.

KENTUCKY FRIED CHICKEN.

Genuine Kentucky fried chicken must be sampled to be fully appreciated. Cut up your chicken and soak it for about an hour in salted water. Season some flour with sage or prepared poultry dressing, pepper and salt and roll the pieces of chicken in it. Put into a frying-pan just enough lard to a little more than cover the bottom of the pan. This will insure that delicate brown which always distinguishes genuine Kentucky fried chicken. Put the pan in the oven, instead of on the top of the stove, as the chicken will cook more evenly and thoroughly and will not burn before done, as otherwise it is apt to do. Lard is preferable to either butter or pork because it does not burn so quickly. If the oven is not too hot, and the frying has not been too rapid, by the time the chicken is nicely browned you can depend upon its being thoroughly cooked.—Miss Helen M. Richardson, Massachusetts.

CHICKEN MARYLAND.

If possible, select small fowl. Split down the back, having first been prepared carefully in the usual way. Should the fowl be large, disjoint it. Season well, run with flour and then in a mixture composed of an egg beaten with a spoonful of cream. Then dust with sifted crumbs. Heat clarified butter—plain may be used—and when hot, fry the chicken in this slowly, turning over many times until it is an even dark yellow. It should have a nice, rich color and if fried slowly and frequently turned, this is very easy to obtain. Fry about fifteen minutes, then put in covered dish of porcelain or something that will stand the heat and put into slow oven for ten minutes. With the butter left in the pan, make a cream sauce by mixing two spoonfuls of flour, then adding a pint of cream and milk mixed, salt and pepper. Do not make it too thick. Chicken Maryland is always served with corn fritters and strips of broiled bacon, this placed on the platter with the fowl.

Corn Fritters for Above.

It is preferable to use fresh corn, although the canned may be used. Chop until it looks grated, or grate the ears on a greater. Make a batter, using the proportions of a cup of flour to a cup and a half of milk, one beaten egg and a pinch of salt. This makes a thin fritter. If a thick, puffy one is desired, add more flour and use baking powder, a teaspoonful to two cups of flour.—Mrs. E. B. Perrin, Williams, Ariz.

CHICKEN PATTIES.

Make a nice rich puff paste. Cut a round from it with a medium large cookie cutter, and with a smaller size cutter, cut out the middle of the round, thus leaving a ring. Bake to a light brown in a quick oven. Then brush them over with beaten egg, and put in the oven one minute to glaze. Fill these crusts with minced boiled chicken well seasoned and beaten well into a white sauce made of the water in which the chicken was boiled. Serve hot.—Contributed, Flagstaff, Ariz.

CHICKEN PIE.

Select a plump fowl weighing four or five pounds, dress, singe and put on in boiling water enough to cover, let boil gently until it begins to grow tender. Save the broth with the giblets. Now cut the chicken into small pieces; slice a quarter of a pound of fat pork into thin slices and fry it with the chicken until all is brown. Take up and stir into the pan in which they were cooked a tablespoonful of flour. Stir over the fire till brown and thick. Then add a pint of chicken

broth, a teaspoonful of salt and quarter teaspoonful of pepper; pour gravy over chicken. Line a deep dish with rich puff paste and put in alternate layers of chicken, pork and sliced raw potatoes; pour in as much gravy as the dish will hold. Sprinkle with a little chopped parsley, and cover with a top crust. Bake three-quarters of an hour.—Mrs. F. H. Waite, Winslow, Ariz.

CHICKEN PIE.

Dress, clean and cut up two fowl or chickens. Put a kettle on range with three pints of water; as soon as water reaches the boiling-point, add chicken, a few pieces at a time, otherwise the boiling will be stopped, and the water thus cooled will draw out so much of the flavor that the chicken will become tasteless. When all is added, cover and cook slowly until meat is tender, adding one-half tablespoonful of salt during the last half-hour of the cooking. Remove chicken and discard skin and some of the larger bones. Strain stock, skim off fat and then cook until reduced to four cupfuls. Thicken with one-fourth of a cupful of butter mixed with one-third of a cupful of flour. Season with salt and pepper. Arrange chicken in serving-dish, strain over gravy, let stand over night and reheat for serving. Make a decorated cover of a rich pie crust. It is much better to bake the paste separately and reheat chicken before covering the pie. —Contributed, Flagstaff, Ariz.

CHICKEN PIE.

Cut up and boil till tender one large or two small one year old chickens with plenty of broth to cover it when done. Make a rich baking-powder biscuit dough, roll thin, line the sides of a deep four quart basin with the dough. Lay in the pieces of chicken, sprinkle with salt, pepper, and lumps of butter and drop in little pieces of the dough. Thicken the broth with a spoonful of flour, and turn in enough of this gravy to cover the chicken. Roll a piece of dough one-half inch thick and cover the pie, being careful to cut little holes in the cover for steam to escape. Be careful to wet the edge so the cover will stick, and bake one-half hour.—Mrs. H. F. Adams, Williams, Ariz.

PRESSED CHICKEN.

Take two chickens and boil until tender enough to pick off, boil with one large onion and six little chiltipin peppers and boil also one sweetbread. After picked off put in a deep dish a layer of hard boiled eggs first, then a layer of chicken, then a layer of sweetbreads, then eggs, alternating. Leave the soup

in the kettle and boil with one teaspoonful of gelatin and chicken bones for half an hour, then pour over mould and set aside for the night. The soup that is left mould in a cup and slice over the top of chicken. Serve this with mayonnaise sauce and browned crackers. Remove from the deep dish after it is moulded.

Mayonnaise Sauce for Pressed Chicken.

To make a mayonnaise perfectly and at the same time certain that it does not curdle, add a few drops of lemon juice right at the beginning. To make a small quantity, use the yolk of an egg, half a teaspoonful of salt and some white pepper and the juice of half a large lemon or that of a whole lemon. Strain this juice. Mix the yolk and the seasoning, adding about three drops of lemon or so and a few drops of oil, whisking briskly with a fork. Add more oil slowly, whisking in a cupful of oil and every now and then add a little of the lemon. It should be thick; firm and still creamy. Add a bit of rich cream when the mayonnaise is made. You can add to this which improves it, chopped green peppers, chopped pimentos, chopped pickled English walnuts, and a pinch of English mustard.—Mrs. E. B. Perrin, Williams, Ariz.

PRESSED CHICKEN.

Boil two chickens until dropping to pieces, remove skin and bones, season with salt and pepper, add the liquor boiled down to a teacup or less. Put into a deep tin or mold, pressing well down. Let get perfectly cold and slice. Packing into baking powder cans makes pretty round slices. If a knuckle of veal is boiled with the chicken it will be solid and slice well.—Mrs. J. L. Richmond, Chicago, Ills.

CHICKEN RAMEKINS.

Chop the white meat of a raw fowl fine, add a bit of soda size of a pea to a gill of cream. Put this over the fire and as it heats add the chicken meat; cook for a minute, remove and cool, then add the beaten yolks of two eggs, season to taste with salt and pepper, then fold in the whites of the eggs, turn into buttered ramekin dishes and brown. Serve immediately. —Mrs. William Wente, Manistee, Mich.

ROAST SPRING CHICKEN.

Take chicken four months old, clean nicely, and dry. Cut in small pieces, roll in flour, lay in dripping pan, sprinkle plenty of salt and pepper, dot with butter, cover with sweet milk and

bake a nice brown, turn and brown the other side. Bake slowly at first till milk is mostly absorbed. For gravy, sprinkle in a little flour and add more milk or water, if preferred.—Mrs. Otto Lebsch, Williams, Ariz.

Pat O'Brien gave a dinner, to which he invited three or four of his neighbors. Pat had allowed his wife to cook only one chicken. When dinner was served, Pat took possession of the carving knife, and, in a hospitable tone, said to Mrs. Dugan: "What part of the fowl will you have?"

"A leg, if you please," was the answer.

"An' what part will yez have? Would yez loike some of the white?" Pat inquired of Mrs. O'Hooligan.

"An' a leg will do me," she answered.

As each one answered the part of the fowl she desired was given her.

"What part will yez have, Moike Walsh?" Pat blindly inquired of his neighbor.

"Oi belave Oi will take a leg, too," said Mike, in his most modest way, wishing to follow in the footsteps of the rest of the company.

"Begorra," said Pat to Mickey, "what does yez think Oi'm carvin—a spider?"

SMOTHERED CHICKEN.

Take a good sized spring chicken, clean thoroughly, take a covered roasting pan, now split chicken down the back, place breast up in pan, skin one medium sized onion, slice and place under chicken, season chicken all over with pepper and salt. Put a pint of water in pan, cover, place in moderately heated oven, bake for an hour or hour and a quarter, renewing water when necessary and baking to a golden brown.—Miss Katherine Anderson, Williams, Ariz.

ROAST DUCK WITH ORANGE JUICE.

The ducks being picked, singed and drawn, mince the livers with a little scraped bacon, some butter, green onions, mushrooms, sweet herbs and parsley and season with salt and pepper. Stuff the ducks with this mixture, cover with slices of bacon, wrap in paper and roast them. Put into a stewpan a little gravy, the juice of an orange and a few shallots, minced. Add a dash of pepper and bring to the boiling point. When the ducks are roasted, place them on a hot platter; remove the bacon, pour over them the sauce and serve hot, garnish with curly parsley.—Juliet Hite Gallaher, Virginia.

ROAST DUCK.

Clean, stuff and truss a pair of ducks, place on a rack in a dripping-pan, sprinkle with salt and pepper, and cover breast of each bird with two thin slices of fat salt pork. If wild ducks are used, bake twenty to thirty minutes in a very hot oven, basting every five minutes with fat in pan. If domestic ducks

are preferred, reduce the heat and bake one and one-fourth hours. Garnish with water cress and serve with orange sauce.

Stuffing for Wild Duck.

This stuffing is not eaten: simply added to impart flavor, and consists of three small onions put into body of each bird. Or apples pared, cored and cut in quarters, and removed before serving.

Stuffing for Domestic Duck.

Cover stale bread broken in pieces with boiling water and let stand until bread has absorbed the water ;then squeeze through chees-cloth to press out the water. Season bread with salt, pepper, melted butter and finely chopped onions.

MEXICAN TAMALES.

Cook one or two chickens, until tender. Remove all meat from bones, cut in small pieces, add the liquor in which the chicken has been cooked; this is seasoned well; add red pepper to suit taste, then thicken with corn meal. Roll out into rolls the size of link sausage, wrap in the inner husks of green corn tie the husks with string at each end to secure them. Boil for three hours.—Mrs. Geo. Barney, Williams, Ariz.

SQUABS.

Take two or four or six squabs; halve your birds; place in a deep saucepan, about two slices of bacon cut in small dice browning in butter; brown your birds, turning often. When all is a golden color add one large glass of water, a small onion or two, one clove, garlic, a kitchen bouquet, thyme, parsley, celery. Let all simmer gently for one and one-half hours, then add a cup or two or tender green peas; cook half or three-quarters of an hour more, add a little water if necessary, salt and pepper. Place squabs on toasted bread and garnish with the peas, removing all garden bouquet, thicken with spoonful of flour dissolved in water before using.—Miss Florence Parker, Los Angeles, Calif.

FRICASSE OF TURKEY.

Cut some slices from the remnants of roast turkey and reserve them. Break the bones into small pieces; place these with skin and trimmings in a stew pan with a strip of lemon-peel, an onion, a bunch of herbs, some peppercorns and salt. Cover with water and allow to simmer for two hours. Then strain and remove all fat from surface and allow to cool. Next, place the meat in the above and let it warm through very

slowly. Thicken the gravy with brown stock; add any flavoring that may be desired, and stir all well together. Serve on a hot dish, garnished with toast.—Lawrence Irwell, New York.

MUSHROOM AND OYSTER STUFFING FOR TURKEY.

Grate a small loaf of stale bread into a bowl, season with salt, pepper, celery seed and a little ground mace. Add a pint of small oysters that have been well drained and half a pint of button mushrooms. Heat in a saucepan half a pint of oyster liquor, stirring in as it is about to boil, a teaspoonful of cornstarch, two of butter and two tablespoonfuls of cream, first moistening the cornstarch in cold water. Be sure that it boils; when cold, gradually blend with the other ingredients and use.—Contributed.

ROAST SPRING TURKEY, OYSTER SAUCE.

Singe, draw, wash and truss (not stuff) young turkey. Roast about an hour, basting well with liquor in pan, made of water, butter, little onion, salt and pepper. Serve with good brown gravy or oyster sauce.—Mrs. Wm. F. Dermont, Williams, Ariz.

Casey—"How do you tell the age of a turkey?"
Pat—"By the teeth."
Casey—"A turkey hasn't got teeth."
Pat—"No; but I have."

ROAST TURKEY, STUFFED.

Select a young, good sized bird, singe, draw, wash and dry. Stuff with a mixture of dry bread, soaked in warm water, seasoned with pepper, salt, melted butter, sage-savory, celery, grated onion, mixed herbs, and one beaten egg. Sew up the openings, tie the legs and wings well into the body. Put in baker with plenty water, containing butter (onion juice, if preferred), pepper and salt. Baste well and often, in moderate oven. If tips of wings, legs, neck and tail seem to brown and bake too rapidly, cover with a dough jacket made stiff of flour and water, which must be removed before taking from the oven. Serve hot. Garnish platter with water cress and grapes, or any desired way. Always serve cranberries.

Gravy with Roast Turkey.

Turn off some of the grease from the pan, put on fire, add milk or water, allowing it to cook until the dressing, etc., loosens from bottom of pan, stir in browned flour, add the cooked and chopped giblets. Serve hot.—Mrs. Wm. F. Dermont, Williams, Ariz.

CREAMED CHICKEN IN MACARONI MOULD.

Cook the day before serving one-half package of macaroni in salted water until tender, do not break the pipes, wash off the paste in cold water by holding the dish under the cold water faucet, butter well any mould with a flat surface, arrange the macaroni first on the bottom, and then on the sides. Have ready two large cups of creamed chicken, hot and quite thick, place in center of mould till the dish is full. Bake half an hour in a pan of hot water in a hot oven, turn out on a hot platter, serve with a cream sauce sprinkled with rings of olives or Hornet Mushrooms.

WHOLE FOWL.

Singe the chicken, turkey or duck, wipe inside and out with a damp cloth and dust with flour, pepper and salt; then lay in the casserole and skewer to the breast four thin slices of fat salt pork. If stuffing is desired place it in the chicken just as you would if roasting in a pan. Set the breast-side down in the casserole and add the giblets, which consists of the liver, gizzard, heart and the neck, which should be chopped closely to the breast, leaving the neck skin attached so to bring over and securely covering the breast cavity ensuring the stuffing from oozing out. Truss the chicken neatly as it will be more easily cooked and carved. Cover and cook in a hot oven for fifteen minutes, counting from the time the fowl begins to cook; then reduce the heat and cook until tender. An hour before this point arrives, skim off all surplus fat; then add quartered, pared potatoes, parboiled onions (small ones) to the casserole; cover and return to the oven to finish cooking. This resembles roasted chicken or turkey and the closely covered utensil keeps the flavor confined to the fowl.

A Lucky Turkey.

After having listened, at a Christmas dinner, to Jones' stale jokes, Smith said: "I say, Jones, the Christmas turkey is luckier than we are."

Jones—"In what way?"

Smith—"He isn't stuffed with chestnuts until after he is dead."

PUDDINGS

"The proof of the pudding is in the eating."

ANGEL PUDDING.

One cup granulated sugar, two eggs beaten light, two tablespoons flour, one teaspoon baking powder, one cup chopped dates, one cup English walnuts chopped, flavor with vanilla. Mix and bake in pudding dish for forty minutes. Serve with whipped cream.—Miss Ida Douglass, Indianapolis, Ind.

APPLE PUDDING.

Fill a quart pan alternately with sliced sour apples and sugar, add one-half cup of water, put weight on cover and bake three hours.—Mrs. George A. Cole, Middletown, Conn.

APPLE PUDDING.

Place alternate layers of bread crumbs and apples chopped fine in a pudding dish sprinkled over with sugar and add a little nutmeg, several pieces of butter. Pour over all a cup of boiling water, cook until apples are done. Serve with cream and sugar.—Mrs. D. J. Braman, Oceanside, Calif.

BANANA PUDDING.

Make a soft custard of the yolks of three eggs, one pint milk, three tablespoons sugar, flavoring to taste. When cold pour this over alternate layers of lady fingers, and sliced bananas arranged in a dish, and place the well beaten whites, flavored and sweetened, on top.—Manistee Public School, Manistee, Mich.

BATTER PUDDING.

One cup butter, one cup sugar, two eggs, one cup milk, two eggs, one cup milk, two heaping cups flour mixed into the batter, one teaspoon baking powder. Bake in moderate oven. Any sauce may be used with this pudding.—Mrs. W. Patterson, Williams, Ariz.

BLACK PUDDING.

One teacupful black molasses, one-fourth teacupful butter, one-half teacupful sour milk, two cupfuls flour, one-half teasponful soda, one-half teaspoonful cinnamon and cloves. Steam one hour, then set in oven five minutes. Sauce: One teacupful sugar, three-fourths teacupful butter beaten to a

cream; add one egg, one tablespoonful vinegar, cooked in rice boiler.—Contributed, Williams, Ariz.

BLACKBERRY PUDDING.

One and one-half cups flour, one-half cup molasses, one-half cup sour milk and one level teaspoon soda, one-half teaspoon salt, break in one egg, stir well, add two cups well floured blackberries, one tablespoon soft butter, mix again. Place in an ungreased covered mould or a tightly covered basin and steam two hours. Ten minutes before serving turn from the mould and put on tin and place in oven a moment to dry.

Sauce for Above.

Place in sauce pan one-fourth cup soft butter, one cup pulverized sugar, beat thoroughly, add one cup sweet milk. Before serving hot add the well beaten whites of two eggs, season with vanilla or mashed fresh berries, garnish with blackberries on the stems and leaves, and tablespoon whipped cream placed alternately with the berries and leaves. Quantity for six persons.—Miss Harriet E. Teft, Williams, Ariz.

BREAD PUDDING.

Two cupfuls sweet milk, one crustless slice of bread and butter one-half inch thick, three eggs, saving one white for the meringue. Sweeten to taste. One-fourth cupful seedless raisins, rinse and put in saucepan with enough water to cover. Boil five to ten minutes, cut raisins in halves; season with vanilla, nutmeg and cinnamon. Put butter the size of a walnut on top—small pieces. Bake, cover with a meringue, and brown in oven slightly. If desired, serve with hard sauce, or cream and sugar.—Mrs. Jake Buss, Williams, Ariz.

"Cast your bread in the cupboard
And in a few days
It will come out in a pudding."

EXCELLENT BREAD PUDDING.

One pint bread crumbs, one quart milk, yolks four eggs beaten light, one small cup sugar, grated rind of a lemon, butter size of an egg. Mix all together and bake. When cool spread with preserve or jelly. Beat the whites of two eggs with one tablespoon powdered sugar and juice of lemon; brown lightly, serve with whipped cream.—Mrs. Polson, Williams, Ariz.

BUCKEYE PUDDING.

Two-thirds cupful molasses, one-half cupful warm water, one-half teaspoonful soda, dissolved; one and one-half cupfuls flour, yolks of two eggs, one cupful chopped raisins; steam two hours. Sauce: One cupful pulverized sugar, one-half cupful butter, whites of two eggs, one tablespoonful hot water. Cream butter and sugar, add hot water and then whites of two well beaten eggs and chopped walnuts. Serve just warm. —Mrs. Dermont, Williams, Ariz.

CARROT PUDDING.

One cup of carrots grated raw, one cup of grated raw potatoes, one cup of sugar, one cup of flour, one and three-fourth cups of currants and raisins each, one-half cup of suet or butter the size of an egg, one teaspoonful of soda, one teaspoonful cinnamon and one-half teaspoon of cloves, pinch of salt. Bake.—Mrs. S. G. Elliott, Kingman, Ariz.

CARROT PUDDING.

One cup sugar, mix with butter size of an egg, one cup of grated carrots, one cup of grated potatoes, one cup of fruit (i. e., raisins, currants and citron), one cup of flour, one teaspoonful each of all kinds of spices, one teaspoonful of soda mixed with grated potatoes and put in last.—Mrs. John Clark, Flagstaff, Ariz.

CARROT PUDDING.

Pound in a mortar the red part of two large carrots after they have been boiled, add a slice of grated bread, two ounces of melted butter, two ounces of sugar, one tablespoon of marmalade, one-half teaspoon of grated nutmeg, four well beaten eggs. Mix all well together ,bake in a dish lined with puff paste.—Contributed.

CHERRY PUDDING.

Two cupfuls flour, one-half teaspoonful soda in one cupful sour milk, one-fourth cupful sugar, butter size of a walnut, pinch salt. Beat butter and sugar first, then break in one egg, add milk and flour alternately to keep smooth, then cupful cherries. Butter inside of individual cups, fill one-third full, steam one hour or more; serve hot. Use any butter sauce, juice of cherries added.—Miss Charlotte Wickstrom, Hartford, Conn.

HOT CHOCOLATE PUDDING.

Two ounces chocolate, one pint milk, one teacupful bread crumbs, two eggs, one-half teaspoonful salt, one-half cupful butter, melted; one cupful sugar, one-half cupful raisins, one-half cupful currants, one-eigth of a nutmeg, grated. Boil the chocolate, milk and salt together, and when smooth pour over the crumbs; let it stand one hour, then mash fine. Beat the eggs light, add them and the melted butter, and then the fruit, spices and sugar. Grease a pan, turn in the mixture, and steam one hour. Serve with cream or a pudding sauce. —Mrs. Jos. S. Amundsen, Williams, Ariz.

CHOCOLATE PUDDING.

One pint bread crumbs, one quart of milk; scald together, add one tablespoon melted butter, one cup sugar, eight tablespoons grated chocolate; when cool, two well beaten eggs. Bake.

Sauce.

One tablespoon butter and one cup sugar beaten to a cream; add vanilla and well beaten yolks of two eggs, whip in the whites.—Mrs. E. H. Ayer, Detroit, Mich.

CHOCOLATE PUDDING.

Half a cup of tapioca, add boiling water, stir constantly until thick and clear. Stir in one-fourth cake of baker's chocolate and remove from the stove. Add one cup of sugar, half teaspoonful of salt, a teaspoonful of vanilla, and stiffly beaten whites of two eggs. Pour into individual cups with whipped cream and halves of English walnuts on each cup.—Miss Vienna Ogborne, Newcastle, Ind.

CHOCOLATE PUDDING.

Two cups milk, two tablespoons grated chocolate, two tablespoons sugar, two tablespoons cornstarch, vanilla. Put milk and sugar in double boiler. Mix the other ingredients together and when the milk and sugar boil, pour the mixture in, stirring about four minutes. Remove and place in molds. Serve with whipped cream.—Mrs. A. F. Johnson, Williams, Ariz.

COCOANUT PUDDING.

Place one pint of milk on stove, when boiling add two tablespoons of cornstarch dissolved in a little milk, and scant one-half cup of sugar, stir until smooth, take from fire, stir in the

beaten whites of four eggs, flavor with vanilla. When slightly cool add one-half of a grated cocoanut.—Mrs. George A. Cole, Middletown, Conn.

MRS. SYNIMES' CHRISTMAS PUDDING.

One-half pint sweet milk, one cup sugar, one-half package gelatine dissolved in one-half pint cold water, one-half cup almonds (blanched) chopped, one cup raisins chopped, five eggs beaten separately, two teaspoons vanilla, three dozen macaroons, broken up. Heat milk, sugar, gelatine and water first, add other ingredients and cook in a double boiler until thick. Pour into moulding dish. When cold, slice and serve with whipped cream or any pudding sauce.—Miss Katharine Wells, Glendale, Calif.

COCOANUT PUDDING.

Two eggs, one-half cup sugar, one-eighth teaspoonful salt, one-half cup cocoanut, one cup cracker crumbs; flavor to taste. Beat eggs, sugar and salt until light, add hot milk, cocoanut and cracker crumbs. Bake thirty-five minutes.

Sauce.

One-half cup creamed butter. Before serving add one cup powdered sugar, one-fourth cup boiling water, one teaspoonful flavoring, the white of an egg beaten foamy, two tablespoonfuls fruit juice.—Mrs. T. E. Pollock, Flagstaff, Ariz.

WHITE CORNSTARCH PUDDING.

One pint milk, two tablespoons sugar, two tablespoons cornstarch, salt, boil till it thickens and is well cooked; remove from the stove and stir in the well beaten whites of two eggs, flavor with vanilla and mould. To be eaten with a custard sauce made with a pint of milk, three-fourths cup sugar and yolks of two eggs.—Miss Vienna Ogborne, New Castle, Ind.

COTTAGE PUDDING.

One-half cup sugar, one-half cup milk, one small tablespoon butter, one and one-half teaspoons baking powder, one egg, one and one-half cups flour. Bake in greased pan. Serve with hot cream sauce.

Sauce.

White of an egg beaten stiff, one teaspoon cornstarch, one-half cup powdered sugar gradually beaten into white of an egg, add yolk and beat. Pour on one cup of boiling milk, add one tablespoon butter, bring to boil, flavor.—Mrs. McDonald Robinson, Williams, Ariz.

COTTAGE PUDDING.

One cup sugar, one tablespoon butter, creamed; one beaten egg and one cup milk, two cups flour and two teaspoons baking powder. Bake in moderate oven. Serve with lemon sauce.—Mary Beatrice (Beebe) Smith, Williams, Ariz.

COTTAGE PUDDING.

One cup flour, one-fourth cup sugar, one-half cup milk, two teaspoons baking powder, one-fourth teaspoon salt, one-fourth teaspoon butter. Sift dry ingredients together, add beaten egg and milk, then butter. Bake in shallow pans.

Sauce for Same.

One tablespoon flour, two tablespons sugar, four tablespoons cocoa. Mix, then add boiling water and cook a few minutes. —Mrs. W. Patterson, Williams, Ariz.

DATE PUDDING.

One cup boiled rice, one cup dates (seeded) stewed with one cup sugar and a little water. Thoroughly mix rice and dates. Serve with whipped cream.—Mrs. McDonald Robinson, Williams, Ariz.

DATE PUDDING.

One-half pound dates, one-fourth pound suet. Chop dates and suet until very fine, then add five ounces sugar, one-half pound finely grated bread crumbs, nutmeg and a pinch of salt. Mix all together with two well beaten eggs, put the mixture into a pudding mould, and boil or steam four hours.—Contributed, Saginaw, Mich.

DATE PUDDING.

One pound stoned dates, one-half cup sugar, one teaspoon ginger, one scant teaspoon salt, one-half cup milk, one-half pound suet, one cup flour, one teaspoon cinnamon, two eggs, and one cup soft bread crumbs. Run dates and suet together through a meat grinder. Mix all the ingredients, adding the beaten eggs last. Turn into a well buttered baking dish or mould and bake two hours. Serve with a hard sauce.—Mrs. Roy Perkins, Williams, Ariz.

LIGHT FRUIT PUDDING.

Work one-half cupful of butter until creamy, add two tablespoonfuls of sugar, two eggs well beaten, one cupful of milk and two cupfuls of flour mixed and sifted with three teaspoonfuls of baking powder; then add three-fourths of a cupful of

raisins seeded and cut in pieces, one-fourth of a cupful of citron thinly sliced and cut in narrow strips; fruit to be dredged with one-fourth of a cupful of flour. Turn into a buttered melon mould, tie down cover and steam one and one-half hours. This recipe is given in consideration of the children.

STEAMED FIG PUDDING.

One pound figs chopped fine, three-fourths pound suet, one cup sugar, one pound bread crumbs, two eggs, some cinnamon and any scraps of jelly you may have. Knead well with the hands, steam six hours. Serve with hard sauce.—Mrs. George A. Cole, Middletown, Conn.

GRAHAM PUDDING.

One-half cup molasses, one-half cup sweet milk, one egg, four tablespoons melted butter, one-half cup chopped raisins, one-half cup chopped nuts, one and one-half cups graham flour (roll raisins and nuts in the flour), one-half teaspoon soda, one-half teaspoon salt. Boil two and one-half hours in double boiler. Serve with lemon sauce.

GRAHAM PUDDING.

One-half cup butter, one cup raisins, one teaspoon of cinnamon, one teaspoonful of cloves, one and one-half cups of graham flour, stir together. One cup molasses, one teaspoonful soda, one cup sour milk. Sauce: One-half cup sugar, one tablespoon butter, one cup hot water, one teaspoonful vinegar, one teaspoonful nutmeg, two teaspoonfuls of cornstarch.—Mrs. Jas. A. Johnson, Williams, Ariz.

GRAHAM PUDDING.

Two cups graham flour, one cup molasses, one cup sweet milk, one cup raisins, two teaspoons soda. Steam three hours or more. To be eaten with any desired sauce.—Mrs. Geo. W. Glowner, Williams, Ariz.

HARVARD PUDDING.

Harvard Pudding has the advantage of being inexpensive as well as being toothsome and very nutritious. Melt three tablespoonfuls of butter, add one-half cupful of molasses, one-half cupful of milk and one and two-thirds cupfuls of flour mixed and sifted with one-half teaspoonful of soda and one-fourth of a teaspoonful each of salt, clove, alspice and nutmeg; then add one-half pound of dates stoned and cut in pieces.

Turn into a buttered mold, cover and let steam two and one-half hours. This is an economical dish. Serve with

Sterling Sauce.

Cream one-half cupful of butter and add gradually, while beating constantly, one cupful of brown sugar; then add four tablespoonfuls of milk and one teaspoonful of vanilla. Add the milk very gradually, or a separation will probably take place. Three-fourths of a cupful of raisins seeded and cut in pieces may be substituted for the dates in the pudding, but the dates have a more distinctive flavor.

BOILED INDIAN PUDDING.

Two cups cornmeal, one-half cup flour, one-half cup chopped suet, one and one-half cups sweet milk, three eggs, two teaspoons baking powder, one teaspoon salt. Boil in a mold or bag three or four hours, or more. Serve with maple sugar and cream, or with a thin syrup of brown sugar with a little butter and nutmeg.—Contributed, Saginaw, Mich.

INDIAN BAKED PUDDING.

One-third cup corn meal, scalded in two cups of milk, add two cups of milk, one-half cup of butter, one and one-half cups brown sugar, two eggs beaten separately, salt, nutmeg, one teaspoon ginger. Bake one hour. Serve with cream.—Contributed, Saginaw, Mich.

NEW ENGLAND BAKED INDIAN PUDDING.

Boil a quart of milk and turn it over a pint sifted Indian meal. Stir well, so as to scald the meal; then mix three tablespoonfuls wheat flour with a pint of cold milk, stirring it gradually into the flour, so as to have it free from lumps. Turn it on to the Indian meal and mix the whole well together. When the whole is just lukewarm, beat three eggs with three tablespoonfuls sugar and stir into the pudding, with one teaspoonfuls salt, two of cinnamon, or half a nutmeg, grated, and two tablespoonfuls butter, or suet, chopped fine. Add, if you wish the pudding very rich, a cupful seeded raisins, but they should not be put in until the pudding has baked five or six minutes. If raisins are put in, an additional cupful of milk will be required, as they absorb a great deal of moisture. A very good Indian pudding may be made without eggs, if a cup more meal is used and no flour. It takes three hours to bake an Indian pudding without eggs; with eggs, it takes less time. —John Langowsky, Fray Marcos, Williams, Ariz.

MARSHMALLOW PUDDING.

One heaping tablespoon of gelatine, one cup of boiling water, four whites of eggs, one cup of sugar, one tablespoon of vanilla.—Mrs. John Clark, Flagstaff, Ariz.

NESSELRODE PUDDING.

Three cups milk, one and one-half cups sugar, yolks five eggs, one-half teaspoon salt, one pint thin cream, one-fourth cup pineapple syrup, one and one-half cups French chestnuts. Make custard of first four ingredients, strain, cool, add cream, pineapple syrup. Then chill. To prepare chestnuts: Shell, cook in boiling water till soft and force through strainer. Line a two quart melon mould with part of mixture. To remainder add one-half cups candied fruit, cut small one-fourth cup Sultana raisins and eight chestnuts broken in pieces first soaked several hours in Maraschino syrup, fill mould, cover, pack in salt and ice. Let stand two hours. Serve with whipped cream, sweetened and flavored with Marachino syrup.—Mrs. H. R. Ferguson, Williams, Ariz.

NESSELRODE PUDDING.

One tablespoon gelatine, one-third cup cold water, one cup orange juice, one-third cup boiling water, one cup sugar and juice of one lemon, one cup whipped cream, one tablespoon sugar, one-half teaspoon vanilla. Soak gelatine in the one-third cup cold water; when soft, pour on boiling water, add sugar and lemon juice, cool and when firm stir in orange juice. Then beat with egg beater, whipped cream, vanilla, and sugar, then add to gelatine. Line mould with sections of orange, fill with prepared filling, and put on ice to cool. Serve with whipped cream.—Mrs. C. E. Dermont, Metcalf, Ariz.

NEW PUDDING.

Cover one-third package of gelatine with cold water, let stand an hour, add one pint boiling water and juice of two lemons, sweeten to taste. When cold and begins to thicken whip stiff, then add the beaten whites of three eggs, beat all lightly. Use the yolk of three eggs, and one pint of milk for a custard to serve over it.—Mrs. George A. Cole, Middletown, Conn.

DELICIOUS NUT PUDDING.

One cup of molasses, one cup chopped suet, one cup sweet milk, one cup seedless raisins, three cups flour, one pound of

walnuts, one-half pound chopped figs, one grated nutmeg, one teaspoon cinnamon, one teaspoon soda. Mix and steam three hours.—Mrs. W. Patterson, Williams, Ariz.

ORANGE PUDDING.

Peel and slice four oranges, sprinkle with sugar and set aside for one-half hour. Make a custard of the yolks of two eggs, one tablespoon cornstarch and one pint milk. Pour this over the oranges. Whip the whites of the eggs and put on top and brown. Set on ice until served.—Miss Watson, Bay City, Mich.

PINEAPPLE PUDDING.

Soak one-half box of gelatine in one pint water for one hour, add one pint boiling water and one pint sugar. Place over the fire, and when it comes to a boil remove from the fire and add one can of grated pineapple and the juice of one lemon. Set on ice to form and when cold serve with cream.—Mrs. J. D. Munson, Manistee, Mich.

PLUM PUDDING.

One cup chopped suet, one cup chopped nuts (English walnuts), one cup raisins, one cup currants, one teaspoon extract of lemon, one teaspoon cloves, one teaspoon cinnamon, one teaspoon soda dissolved in hot water, one cup of sweet milk, three mixing spoonfuls of molasses, three cups of flour. Steam four hours.

Sauce.

One cup of sugar, one-half cup of butter. Warmed, but not boiled, to which add two well beaten eggs just before serving.—Mrs. John Clark, Sr., Flagstaff, Ariz.

PLUM PUDDING.

One-half pound currants, one-half pound bread crumbs, one-half pound raisins, one-half cup molasses, one and one-half pounds flour, three eggs, one-half pound suet. One-half pound sugar, one-fourth pound citron, grated peel of one lemon, a pinch of soda and a little salt, one ounce mixed spices, one cup of milk. Mix dry ingredients and then add the liquids. If too firm add a little milk, divide the mixture in two parts, put in cloth and boil four hours. Serve with hard sauce. —Mrs. John Langowsky, Williams, Ariz.

PLUM PUDDING.

One cup suet, one cup molasses, one cup milk, one cup raisins, one cup currants, one-half cup citron, three eggs, three

cups flour, one tablespoon each of spices, small spoon salt, one teaspoonful baking powder, one-half teaspoon soda dissolved in milk. Steam four or five hours.—Mrs. David Roberts, Yuma, Ariz.

ENGLISH PLUM PUDDING.

One-fourth pound each chopped suet, raisins, currants and sultanas, two ounces each chopped mixed, lemon, orange, citron peel and bread crumbs, one-fourth pound brown sugar, two eggs, two ounces vinegar, one ounce chopped almonds, little grated nutmeg and salt. Pour flour into a basin, add salt, crumbs, floured currants, raisins, sultanas, and the peels. Mix all well together, add grated nutmeg, almonds, vinegar, the beaten sugar and eggs, and moisten with one cup sweet milk. Turn pudding in well buttered mold. Steam four hours or more. Serve with hard sauce.—Mrs. E. N. Crawford, Goldfield, Nev.

ENGLISH PLUM PUDDING.

One and one-half pounds of seedless raisins, one and one-half pounds of citron or lemon peel chopped fine, three-fourth pound of suet, one-fourth pound of brown sugar, one-half nutmeg, three-fourth pound of bread crumbs, one teaspoon of cinnamon. Mix all ingredients together, beat five eggs until light, add to them one-half pint of grape or orange juice, pour over the dry ingredients, and mix thoroughly, put in cloth and steam for five hours. This will keep several months.

Sauce.

One-half cup of butter, one-half cup of sugar, one-half cup of cream. Rub butter and sugar together, beat cream hard and serve.—Mrs. Wm. Haynard, Los Angeles, Calif.

FROZEN PLUM PUDDING AND SAUCE.

One heaping tablespoonful of powdered gelatine, one-half cupful of boiling water, one cupful of cold water, one cupful of sugar, two cupfuls of whipped cream, one-half cupful of cleaned Sultana raisins, one cupful of mixed chopped nut meats, one-half pound of candied fruits, yolks of three eggs. Dissolve the gelatine in the boiling water. Cook together the sugar and cold water until they form a fine thread. Add this syrup to the beaten yolks of the eggs; beat till cool, add the gelatine, fold in the whipped cream, then add the raisins and nuts. Freeze. When ready to pack add the candied fruits in alternate layers. If a sauce is desired serve whipped cream, sweetened and flavored with vanilla.

GOOD SUBSTITUTE FOR PLUM PUDDING.

One cup of grated raw carrots, one cup of grated raw potatoes, one cup of finely chopped suet, one cup of brown sugar, one cup of seeded raisins, one cup of currants, one and one-half cups of flour, one teaspoonful soda, one teaspoonful salt, one teaspoonful ground cinnamon, one-half teaspoonful ground allspice, one pinch of ground cloves, one pinch of ground mace. Steam three hours, serve with hard sauce.—R. K. Starkweather, Escalante Hotel, Ash Fork, Ariz.

ORANGE ROLLY POLLY.

Make a very light biscuit dough, roll thin, spread with butter, cover with sugar and sliced oranges, roll up and bake in a rather slow oven. Serve with sauce made of: One tablespoonful of flour, one tablespoon of butter, and enough boiling water to make creamy. When cool add white of one egg beaten stiff, and a teaspoonful of vanilla.—Mrs. Lloyd, Sedro Wooley, Wash.

POTATO PUDDING.

Twelve small potatoes, twelve eggs. Grate potatoes after boiling them, yolk of eggs mixed with potatoes and salt. Whites beat to foam, mix after. Bake in quick oven. Sauce to taste.—Mrs. Patrick Johnston, Williams, Ariz.

PRUNE PUDDING.

Prune pudding is another eggless cold dessert. Pick over and wash one-half pound of prunes, add two cupfuls of cold water, cover and let stand two hours; then cook in water until soft. Remove stones from prunes, crack and add meat from stones to prunes. Then add one cupful of sugar, one-inch piece of stick cinnamon and enough boiling water to that in which the prunes were cooked to make one and one-third cupfuls. Bring to the boiling-point and let boil ten minutes. Dilute one-third of a cupful of corn starch with cold water until mixture will pour easily. Add gradually, while stirring constantly, to prune mixture and let simmer five minutes. Remove stick cinnamon, turn into a pudding-dish and chill. Serve with sugar and cream.

PUFF PUDDING.

Four eggs beaten separately, one tablespoonful of sugar to each egg yolk, beaten in one spoonful at a time, a few drops of lemon juice or lemon extract stirred in drop by drop, one-half teaspoonful of baking powder, add the well beaten whites of

eggs last. Bake ten or fifteen minutes in rather quick oven and serve immediately with plain cream or foamy sauce.—Mrs. Grosse, Albuquerque, New Mexico.

QUICK PUFF PUDDING.

Stir one pint flour in which has been mixed two teaspoons of baking powder, and a little salt, into milk until very soft. Place in the steamer well greased cups, put in each a spoonful of batter, then one of berries, (steamed apples, peaches, or raisins). Cover with another spoonful of batter, and steam twenty minutes. This pudding is delicious, made with fresh strawberries and eaten with sauce made as follows: Two eggs, one-half cup of butter and one cup sugar beaten thoroughly with one cup boiling milk and one of strawberries.—Mrs. H. M. Stark, Williams, Ariz.

RICE PUDDING.

Boil rice in double boiler in milk enough to keep grains from sticking, season with a little salt and vanilla. Egg Custard: Two eggs to one pint milk, sugar to sweeten, cook. Pile rice in center of dish and pour custard around, and garnish with whipped cream. Be sure and pour all milk from rice before serving.—Mrs. John Juhl, Williams, Ariz.

RICE PUDDING.

Cook one-fourth cupful rice in one pint milk and one-half pint water, with one tablespoonful butter, one-half teaspoon salt, one teaspoon sugar. When cooked and cold, add one pint sweet milk, one tablespoonful white flour, two tablespoonful sugar, two eggs well beaten, pinch nutmeg. Bake slowly in dish setting in water. Serve with cream and sugar.—Mrs. Chas. Newberg, Williams, Ariz.

CREAMED RICE PUDDING.

Two tablespoons rice, one quart milk, one-fourth cup sugar, pinch salt, flavoring to taste. Bake two hours in moderate oven in covered dish. Serve with cream.—Mrs. Montgomery, Williams, Ariz.

APPLE SAGO PUDDING.

Pare and core one-half dozen tart apples, pour over them one cup of water, cover tight and cook until the apples are quite tender but not quite done, pour off the juice, fill the cores with sugar, using one cupful, pour over them two-thirds cup of fine sago which has been soaked one hour in cold water, and

on top of this put bits of butter and the juice from the apples, also a fine sprinkling of cinnamon. If apples are not very tart sprinkle over them the juice of one-half lemon. Bake rather rapidly for one hour.—Contributed, Manistee, Mich.

SNOW PUDDING.

Snow pudding that is "different": Thoroughly mix one-fourth of a cupful of corn-starch with one-third of a cupful of sugar and one-fourth of a teaspoonful of salt. Add cold water gradually, until mixture will pour easily; then add gradually to two cupfuls of boiling water. Bring to the boiling-point and let simmer five minutes; then add the whites of two eggs beaten until stiff and two tablespoonfuls of lemon juice. Turn into a mould, chill thoroughly, remove from mold and serve with

Sauce.

Scald one and three-fourths cupfuls of milk in double boiler. Mix thoroughly one-fourth of a cupful of sugar, one tablespoonful of corn starch and one-fourth of a teaspoonful of salt. Beat the yolks of two eggs slightly, add one-fourth of a cupful of milk; then add to dry ingredients. Turn mixture into the scalded milk and cook six minutes, stirring constantly. Strain, cool and flavor with vanilla or lemon extract.

SUET PUDDING.

One cup molasses, one cup sweet milk, one cup suet, chopped fine, or one-half cup melted butter; one cup raisins, one-half cup currants, two and one-half cups flour, one-half teaspoon soda. Mix well, salt and spice to taste and steam two hours. —Mrs. H. M. Stark, Williams, Ariz.

SUET PUDDING.

One cup molasses, one cup suet, one-half cup sugar, two cups sweet milk, one teaspoon soda, three cups flour ,one-half package raisins, one-half package currants, one teaspoon ground cloves, allspice and cinnamon. Steam four hours. Use any sauce desired.—Mrs. Amos Adams, Williams, Ariz.

SUET PUDDING.

Two eggs, one cup sugar, one cup suet chopped fine, three-fourths cup New Orleans molasses, one cup sour milk, one teaspoon soda, one cup raisins, one cup currants, one teaspoon cinnamon, one teaspoon vanilla and little bit allspice, one teaspoon salt; enough flour to make thick batter. Steam four hours. Serve with any sauce.—Mrs. Montgomery, Williams, Ariz.

SUET PUDDING.

One cup each chopped suet, molasses, sweet milk, raisins, almonds (blanched), cut in strips and browned in oven, three and one-half cups flour, one egg, one teaspoon each cloves, cinnamon, nutmeg and soda and little salt. Steam three hours and serve with sauce. This pudding is good same day it is made or three months afterwards.

Sauce.

Beat two eggs till very light, add one cup powdered sugar gradually and continue beating, add one-half cup cream whipped and flavor with vanilla.—Mrs. C. F. Philbrook, Bisbee, Ariz.

SWEET PUDDING.

One pound seedless raisins, one pound currants, one pound suet chopped fine, two large cups grated bread, three small cups flour, one cup black molasses, one grated nutmeg, one teaspoon cloves, one teaspoon allspice, one teaspoon cinnamon, one teaspoon soda dissolved in two cups milk, three eggs, one-half pound figs chopped fine, one small glass sweet cider. Wring cloth sack through warm water, then flour well and put batter in it, tie well, allowing plenty room for batter to swell. Steam five or six hours. Serve with sauce.—Mrs. Harland J. Gray, Williams, Ariz.

SUET PUDDING.

One cup suet chopped very fine, one cup molasses, one cup milk, one cup raisins (also if desired currants and citron), one cup wheat flour, two cups graham flour, one teaspoonful baking powder, one-half (scant) teaspoonful baking soda, one large apple chopped fine; cloves, cinnamon and nutmeg to suit taste. Put in well greased moulds and steam three hours or more.—Mrs. G. W. Glowner, Williams, Ariz.

SUET PUDDING.

One cup suet chopped fine and rubbed in three cups of flour, two well beaten eggs, one-half cup of sugar, one-half cup cooking molasses, one cup sweet milk, one teaspoon each of cinnamon, cloves, and allspice. A little salt and one teaspoon of soda in one tablespoon of boiling water, two cups raisins and steam three hours. Serve warm with lemon sauce.

Sauce.

Beat to cream one cup of sugar, one-half teacup of butter, the grated rind and juice of one lemon, three well beaten eggs,

a half teaspoon grated nutmeg and two cupfuls boiling water. Cook in a double boiler and stir continually.—Mrs. A. F. Polson, Williams, Ariz.

SWEET PUDDING.

One cup of molasses, one cup suet chopped fine, one cup milk, one cup of chopped raisins, one teaspoon soda, one pinch salt, ground mixed spices to taste, three cups flour. Steam three and one-half hours.—Mrs. A. G. Rounseville, Williams, Ariz.

CHERRY TAPIOCA PUDDING.

Drain a pint can cherries, soak a cup pearl tapioca in two cups cold water till the water is absorbed, simmer them with the juice of the cherries for one-half hour, add the cherries, turn into a mould and set away. When cold serve with a sauce made of one cup cream whipped stiff, mixed with the stiff white of one egg, one-half cup powdered sugar and flavor to taste.—J. W. Baylis, Williams, Ariz.

A GOOD PLUM PUDDING.

One egg, one-half pint of milk, two teaspoonfuls of sugar, slice of bread, one-eighth teaspoonful of salt, seeded raisins, flavoring. Make a custard of the egg, the milk—allowing a good measure of the milk—the sugar, salt, and flavoring to suit. Pour into a small baking-dish, drop in a few seeded raisins and place on top of the custard a small, thin slice of bread, well buttered and thickly dotted with raisins. The bread should be first dipped in the custard to moisten it. Bake the pudding in a slow oven until the custard becomes firm and smooth—say about half an hour. The pudding is to be eaten cold.

PUDDING SAUCES

CHERRY PUDDING SAUCE.

One cupful cherry juice, one cupful sugar, one cupful water, butter size of a walnut, one tablespoon cornstarch. Put the water in double boiler and when it becomes hot, add the creamed butter and sugar and the cherry juice; when scalding hot add the thickening. If too thick, thin with more cherry juice. Serve hot with whole or half cherries in the sauce. —Mrs. Dermont, Williams, Ariz.

CHOCOLATE CREAM SAUCE.

Two tablespoonfuls pulverized sugar, one tablespoonful butter, one cupful sweet cream, two tablespoonfuls cocoa or chocolate, one teaspoonful cornstarch, four yolks of eggs, salt, vanilla. Dissolve in double boiler sugar and chocolate, add cream gradually; let come near a boil, add the beaten yolks and starch, stir until it thickens—more cornstarch may be necessary; take off the fire, add the butter, strain and flavor. Very nice with chopped nuts added.—Contributed, Williams, Ariz.

CREAMY SAUCE.

One-fourth cup of butter, one-half cup of powdered sugar, one-half cupful of cream. Add one tablespoonful of vanilla or lemon. Cream butter and sugar well, then add cream. Beat well, and just before serving, place dish in a bowl of hot water and stir sauce until smooth and creamy, but not enough to melt the butter. When the cream is added, the sauce has a curdled appearance. This is removed by beating just enough to blend the materials thoroughly. It is not meant to be a hot sauce, and if it becomes oily in the heating, place on ice and beat until thick. Serve with hot pudding.—Contributed, Saginaw, Mich.

COLD CREAM SAUCE.

Two cupfuls rich milk, two cupfuls heavy sweet whipped cream, four tablespoonfuls powdered sugar, one teaspoonful gelatine. Put in double boiler, milk and sugar; let it become very hot, then add the dissolved gelatine, stir well, and when it comes to a boil, remove from the fire, strain and cool some; before it thickens add the whipped cream. This sauce may be used for many cold puddings, flavored with fruit juices, vanilla,

chopped nuts, browned almonds or pistachio; and it can be colored to suit any requirements.—Contributed, Jersey City, New Jersey.

COLD PUDDING SAUCE.

Yolks of two eggs, thoroughly beaten with one-half cup of sugar, one cup of thick cream; flavor with vanilla. Do not cook.—Mrs. A. O. Wheeler, Manistee, Mich.

ORANGE CREAM SAUCE.

Cream one cupful sugar and one-half cupful butter, add the beaten yolks of two eggs and mix well. Pour over this one-half pint of boiling water, the juice of one orange.

ORANGE SAUCE.

Beat currant jelly with a silver fork and measure out six tablespoonfuls; to this add three tablespoonfuls sugar and the grated rind of two oranges. Stir until well mixed and let stand five minutes; then add two-thirds cupful orange juice, two tablespoonfuls lemon juice, one-fourth teaspoonful salt and one-eighth teaspoonful cayenne.

WHIPPED CREAM SAUCE FOR DECORATING.

To obtain a firm cream which can be used for ornamenting cold puddings with bag and tube, use double cream (or cream that is two days old). Prepare the cream some time before it is wanted; put it in a basin and beat on ice, or in a cold place, with slow and even motion till the beater stands in the cream, or till it can be drawn to a point. Fast beating breaks the cream, makes it curdle and get weak; a pinch of salt added assists in giving better consistency to the cream. After the cream is beaten firm, put it on a sieve to drain for thirty minutes. To use it, beat into one quart of cream from four to six tablespoonful fine powdered sugar, add flour, and use with bag and tube. The puddings may be decorated in reverse colors, using pink and white cream.—Contributed, Williams, Ariz.

FOAMING SAUCE.

Mix one cupful powdered sugar and one-half cupful butter together. Add the yolks of two eggs and the grated rind and juice of one lemon. Beat the whites stiff and mix all together. Just before serving stir in quickly one cup boiling water. Add chopped nuts, or any crushed fruit.—Mrs. Grosse, Albuquerque, New Mexico.

FRUIT SAUCE.

Fruit sauces may be made from any surplus juices left over from canned fruits. The juice should be boiled down to a syrup, adding more sugar, and the juice of lemon; or cornstarch and eggs may be used for thickening. For cold sauce no starch is required, because the syrup thickens sufficiently when cold. Pieces of fruits may be added.

HARD SAUCE.

Four ounces butter, four ounces sugar, one teaspoonful ground nutmeg. Rub butter and sugar till smooth, but not creamy, and sprinkle nutmeg over it. Put in dish and set away to cool till ready to serve.—Mrs. John Langowsky, Williams, Ariz.

"HUNTINGTON SAUCE."

Boil one cup of molasses and one and one-half teaspoons of butter eight minutes; remove from fire and add two tablespoons lemon juice, and a little salt. One tablespoonful of vinegar may be used in place of lemon.—Mrs. George Barney, Williams, Ariz.

LEMON SAUCE.

One lemon, one cup sugar, one-fourth cup butter, one egg, one tablespoon cornstarch, one-half pint hot water. Mix butter and sugar, then add egg and cornstarch, juice and grated rind of lemon, then the hot water. Cook till thick.—Mrs. Nettie Fleck, Los Angeles, Calif.

LEMON SAUCE.

Cream one cupful sugar and one-half cupful butter. Add the beaten yolks of two eggs and mix well. Pour over this one-half pint boiling water, the juice of one lemon and the whites of two eggs well beaten. Add chopped walnuts.—Mrs. Dermont, Williams, Ariz.

MAPLE SYRUP SAUCE.

Dissolve one-half pound maple sugar in one cupful of warm water. Let it boil clear, and add one tablespoonful butter. Serve hot.

NUTMEG SAUCE.

Into two cupfuls boiling water put three-fourths cupful butter, two cupfuls sugar, one small teaspoon of cornstarch for thickening, one-half small grated nutmeg. After boiling a few minutes, set aside until slightly cool, then add the two well beaten eggs.

STRAWBERRY SAUCE FOR SHORT CAKE.

One cup pulverized sugar, one tablespoon butter beaten to a cream, one egg, beat white stiff, add yolk beaten, then add one-half cup milk, a little at a time, beating hard all the time, and two cups crushed strawberries. Fine.—Mrs. Geo. A. Cole, Middletown, Conn.

PLAIN PUDDING SAUCE.

One pint water, two tablespoonfuls sugar, one tablespoon cornstarch, the peel and juice of one lemon. Put in double boiler, sugar, water, peel and lemon juice, to cook. Let boil a couple of minutes, add the dissolved cornstarch. Let boil clear, strain and serve. Flavor with any good fruit juice.

PINEAPPLE SAUCE.

One pint can sliced pineapple cut in dice (or one pint fresh fruit), one and one-half pounds pulverized sugar, one-half pint cold water, juice of one lemon, one tablespoon cornstarch. Put in double boiler, the water, sugar and lemon juice. Let come to a good boil, add cornstarch for thickening. When cold add the pineapple. If not thin enough for pudding sauce, add whipped cream.—Mrs. M. S. Carpenter, Fayetteville, N. Y.

SOUR SAUCE.

One cupful sugar, two tablespoonfuls butter, one-half cupful vinegar, one well beaten egg. Cream sugar and butter, add egg, then vinegar, and just before serving add one-half cupful hot water.

STRAWBERRY SAUCE.

One quart ripe berries, crush with one-half pound sugar. Press through a sieve or colander. Stir well together in a cold place till the sugar and juice form a clear sauce, like jelly. The flavor of strawberries is improved by adding some orange juice (a little acid hastens the jellying process). Serve pieces berries in sauce. Other ripe fruits like apricots, peaches, and cherries, may be made into sauces by the same process. These fruit sauces can be served with ice cream and frozen puddings. Delicious.—Mrs. Dermont, Williams, Ariz.

SWEET CIDER SAUCE.

Six ounces sugar, one pint water, three whole lemons, twelve cloves, six bay leaves. Boil twenty minutes, thicken with corn starch and boil until it is clear, take off stove and strain and

add one-half pint of sweet cider. Do not boil any more after sweet cider has been added.—Mrs. John Langowsky, Williams, Ariz.

VINEGAR SAUCE.

One cupful powdered sugar with one tablespoonful flour, a little nutmeg and tablespoon vinegar, and pint boiling water. Boil until it begins to get a little thick, then add a piece of butter.

SALADS

"To make a perfect salad there should be a spendthrift for oil, a miser for vinegar, a wise man for salt, and a madcap to stir the ingredients up and mix them well together."—Spanish Proverb.

APPLE SALAD.

Peel apples (raw) cut in squares, and put mayonnaise dressing over it, cover with nut meats (any kind). Add a little celery if desired.—Miss Rogers, Adrian, Mich.

APPLE SALAD.

Two cups pared apples and one-half cup celery cut into dice, one-half cup chopped nuts, one-half cup whipped cream just before serving, two tablespoons of dressing. Serve on lettuce leaves in apple shells from which apple has been removed Dressing: Yolks of two eggs, one-half teaspoon each of salt, mustard and ginger well beaten together, one-half cup granulated sugar, one-half cup vinegar; boil twenty minutes. Very good.—Mrs. William F. Dermont, Williams, Ariz.

Groceryman—"Pat, do you like apples?"
Pat—"Shure, sor, Oi wudn't ate an apple for the world."
"Why how is that?"
"Ough! didn't me ould mother die av apple plexy?"

APPLE, CRESS AND CELERY SALAD.

Arrange on individual service plates a bed of shredded celery and cress. In the center stand a tart, tender apples, that has been cored, pared and sliced with a sharp knife so carefully that it still retains its original shape. Tuck a bit of the cress in the top of the apple and pour over all a French dressing. Do not pare the apple until almost ready to serve, else it will discolor in the waiting.

APPLE SALAD.

Slice tart apples in thin slices, and add celery cut in cubes, and put in the center of the dish. Lay the slices of apple around the celery in layers overtopping each other. Pour over the mixture the following dressing: Two tablespoons lemon juice, three tablespoons oil, one-half teaspoon sugar, a pinch cayenne and a pinch of salt. Beat into this one-half cup whipped cream or cut out the apple, leaving the shell. Mince apple and celery, pour into the apple hull, pour over dressing and serve individually.—Mrs. K. W. Williams, Cynthiana, Ky.

BAKED APPLE SALAD.

Choose an apple of good size (Belleflower is a good variety). Bake until thoroughly done and the skin is loosened from the apple. When cool the skin can be entirely removed, the apple center stuffed with nuts chopped fine, and the whole served on lettuce with salad dressing and whipped cream. This is delicious to the taste and very pretty to the eye.—Manistee Public School, Manistee, Mich.

ASPARAGUS SALAD.

Boil asparagus until tender (canned asparagus may be substituted). Cut off all the hard portions. Arrange the asparagus in neat layers in a salad bowl, the tips lying one way. Pour over them a French dressing—Mrs. E. J. Gibson, Santa Fe System.

BANANA SALAD.

Take ripe bananas, peel and trim off the ends. Beat one whole egg until light, roll each banana in the egg, then in ground peanuts. Lay in lettuce leaf, with any good salad dressing on top, and serve.—Mrs. E. J. Nordyke, Santa Fe System, Williams, Ariz.

BANANA SALAD.

Put one-half box of gelatine in one cupful of cold water and let dissolve, then add two cupfuls of boiling water. Set on stove until all is dissolved, add one cup of sugar, after which take off. Slice six bananas in same and pour in a dish to cool. Serve with whipped cream.—Mrs. Harland J. Gray, Williams, Ariz.

BANANA SALAD.

Roll sliced bananas in lemon juice, then in ground nuts. Serve in lettuce with mayonnaise dressing. Chopped pineapple improves it.—Mrs. McD. Robinson, Williams, Ariz.

BANANA AND PEANUT SALAD.

One cupful peanuts ground fine, cut bananas lengthwise. Take any salad dressing. Roll bananas in peanuts and dressing and lay on lettuce leaves.—Mrs. F. Machleb, Anaheim, Calif.

BIRD'S NEST SALAD.

Mash soft cheese into little balls to represent eggs, make a nest of lettuce leaves, put in a spoonful salad dressing. Sprinkle with paprika.—Mrs. K. W. Williams, Synthiana, Ky.

CABBAGE SALAD.

One cup chopped walnuts, one small head of cabbage chopped fine, two heads of celery chopped fine. Put in double boiler one-half cup water, one-half cup vinegar and bring to a good boil. Then beat tablespoon sugar, one tablespoon flour, one tablespoon dry mustard, one teaspoon salt, pinch of black pepper, pinch of paprika (mix well). Add the above to vinegar and cook until it thickens. Cool and thin with whipped cream. Mix with cabbage just before serving. —Mrs. A. R. Montgomery, Williams, Ariz.

CABBAGE, CELERY AND NUT SALAD.

Take equal parts cabbage soaked in cold water until crisp, thin-shredded, finely-cut celery and butternuts or English walnuts. Dress lightly with salt, pepper and vinegar, then serve with mayonnaise.

CABBAGE SALAD.

Chop one medium sized head of cabbage, add salt and dash of paprika, stir in a cup sour cream beaten until it foams, to which add enough of any good mayonnaise to give it the proper flavor.—Mrs. Bertha S. Kennedy, Flagstaff, Ariz.

Some one threw a head of cabbage at an Irish orator while he was making a speech. He paused a second, and said: "Gentlemen, I only ask for your ears, I don't care for your heads!" He was not bothered any more during the remainder of his speech.

CABBAGE SALAD.

One medium sized head of cabbage, shred and slice fine, one bottle olives, and season with pepper and salt and sugar to taste. Over this pour a dressing made of one egg beaten light, lump of butter size of a walnut, one small cupful of cream, boil mixture and add cupful chopped nuts. Pour dressing over cabbage and serve on lettuce leaves garnished with slices of beet pickles.—Mrs. W. D. Finney, Williams, Ariz.

CELERY AND CREAM CHEESE SALAD.

Mix one-half cup very fine chopped celery with one cream cheese (Neufchatel). Make into small balls, arrange in lettuce leaves. Pour over a French dressing. Sprinkle with cayenne and garnish with sliced radishes. French Dressing: Mix one-half teaspoon salt, one-fourth teaspoon pepper, two tablespoons vinegar, four tablespoons olive oil.—Mrs. C. F. Philbrook, Bisbee, Ariz.

HOT SLAW.

Chop three cups of nice white cabbage fine, and pour over it a dressing made after the following recipe: Melt three tablespoons of meat drippings in a frying pan, stir into it a well-beaten egg and one cup vinegar. Let it boil up once or twice; cool; then pour over the cabbage.—Contributed.

CHERRY SALAD.

One can white cherries. Remove the seed and in each cherry insert a filbert or almond, or other nut. Serve on slice of pineapple on a lettuce leaf with mayonnaise dressing.—Mrs. C. O. Robinson, Flagstaff, Ariz.

CHEESE AND LETTUCE SALAD.

Dress the lettuce with a French dressing, have mild cheese cut in strips like French fried potatoes. Dip each strip carefully in beaten egg, roll in fine bread crumbs, and brown in boiling fat as quickly as possible. Serve on the lettuce.—Mrs. W. D. Finney, Williams, Ariz.

CHESTNUT SALAD.

Make a slit with a penknife in the outer skin of three dozen large chestnuts. Boil in a saucepan of hot water, twenty minutes. Drain and plunge into cold water until the skins loosen. Peel, cut into quarters and dust with salt and pepper. Peel four large sour apples, core and cut into pieces similar size to nuts. Cut some of the dark meat of a cold roasted turkey or duck into piece of the same size, and arrange on lettuce leaves in the salad-bowl or on individual plates. Sprinkle over them two tablespoonfuls chopped mixed pickles and dress with a French dressing of oil and vinegar and serve.

CHICKEN SALAD.

Boil chicken and cut into small pieces, cut celery into small sized pieces, using two parts chicken and two parts celery. Mix and sprinkle with salt, pepper and vinegar. Make the following dressing: Yolks of six eggs or three whole eggs, one tablespoon of butter, one-half large teacup good cider vinegar poured over and beaten into two tablespoons thick cream. Cook in double boiler till it thickens, stirring constantly. Just before removing from fire stir in one-half teaspoon cayenne pepper and mustard, each, one full teaspoon salt and sugar each. Cool, and pour over the meat mixture half hour before using. A cup of walnut kernels or any kind of nuts, add to the salad.—Mrs. K. W. Williams, Cynthiana, Kentucky.

CHICKEN SALAD.

After the chicken has been cooked very tender, for one chicken add one small head of cabbage chopped very fine, also one bunch of celery, and one small onion minced, one teaspoonful of celery salt; celery seed may also be added. Salt and pepper to taste. Mix with any kind of salad dressing desired.—Mrs. R. S. Teeple, Holbrook, Ariz.

CHICKEN SALAD.

Two cups cut chicken, one and one-half cups cut celery, three-fourths cup English walnuts, one-half cup of jellied chicken broth, one-half cup heavy—before the whipped cream is added—mayonnaise dressing, one-fourth cup cooked fresh peas. Season with pepper and salt to taste, put on ice until needed. Serve individually on small plates, garnish with lettuce, radish, sliced hard boiled egg, olive or anything appropriate or pretty. Over the salad put the light mayonnaise dressing, whipped cream, and little chopped parsley, or chopped water cress sprinkled over dressing.—Miss Charlotte Wickstrom, Hartford, Conn.

CHICKEN SALAD.

Take the meat of one cold boiled chicken, one bunch of celery, the whites of six hard boiled eggs. Chop all moderately fine, mash the yolks, add two tablespoonfuls of melted butter, two of sugar, one tablespoonful of mustard, a half cup of vinegar. Mix well together.—Mrs. E. J. Gibson (Santa Fe System), Winslow, Ariz.

CHICKEN SALAD.

Two chickens. Boil until well done. When cold cut flesh into small bits. Take one-third the amount of celery and cut fine. Dressing: Yolks of six eggs, four tablespoons sugar, two teaspoons mustard, one pinch red pepper, salt, four tablespoons melted butter, one cup vinegar. Cook in double boiler until it thickens. When cold add one pint whipped cream. Pour over chicken and celery and serve on lettuce leaves.—Mrs. A. F. Johnson, Williams, Ariz.

CHICKEN SALAD.

One chicken cut coarse, with scissors. Same quantity of celery or cabbage, as chicken, six hard boiled eggs; cream the yolks, chop the whites, one cup vinegar, one-half cup butter, one small cup sour cream, one dessertspoon celery seed,

yolks of six eggs, one dessertspoon mustard, one tablespoon sugar, salt to taste. Boil vinegar, mustard, raw eggs, cream, butter and salt. When cold pour over chicken and mix.—Mrs. McDonald Robinson, Williams, Ariz.

CHICKEN SALAD.

To one chicken use the same quantity of celery, three or four eggs, one tablespoon of mixed mustard, one teaspoon of salt, one tablespoon butter, two-thirds teacup vinegar, four tablespoons table oil, two-third cup sweet cream. Process of making: Season your chicken in cooking, cut by hand both chicken and celery, then beat the yolks of eggs and whites separately; into that beat the oil slowly, then mix all ingredients in an earthen dish, except the cream. Set on the stove, cook until as thick as pound cake. When cold add cream, stirring well. Pour over chicken and celery an hour before serving. Do not be afraid of cooking too thick.—Mrs. George Barney, Williams, Ariz.

COLD SLAW.

Shred cabbage, whip one cup cream, add three tablespoons vinegar, season with salt and pepper, stir briskly and pour over cabbage.—Mrs. Amos Adams, Williams, Ariz.

CHRISTMAS SALAD.

Remove Malaga grapes from stems. Wipe each grape separately and take out seeds. Make a cut in each grape beginning at stem end and extending the entire length. Insert in cut a narrow strip of canned pimento. Pare two seedless oranges and at the same time remove the white portion from the fruit; then separate the fruit into sections, discarding the tough portion. Arrange crisp lettuce-leaves on a shallow salad-dish in the form of nests and fill each with grapes; between nests arrange the sections of orange. Pour over French dressing made as follows: Mix one-fourth teaspoonful each salt and powdered sugar, one-eighth teaspoonful paprika, four tablespoonfuls olive oil and one tablespoonful each vinegar and lemon juice. Stir until well blended.

A PRETTY CHRISTMAS SALAD.

A pretty Christmas salad has celery and cream cheese for its foundation. Mash a ten-cent cream cheese and work with a fork until smooth. Mix with one-half cupful finely chopped celery and salt to season, and make into little balls. Put a

half English walnut meat on each side of every ball, arrange them on leaves of lettuce in the shape of a star, pour over all a French dressing and sprinkle with paprika.—E. P. T., Palisade, N. J.

CORN SALAD.

Eighteen ears of corn cut off the cob, four large onions, one large green pepper, one red pepper, one large cabbage, two quarts vinegar, two cups sugar, one-fourth cup salt, two tablespoons mixed mustard, one teaspoon turmeric, one cup sifted flour, one cup water. Chop and cook the onions, and cabbage, boiling fifteen minutes, then add the corn, sugar, salt, mustard, turmeric, flour and water. Stir until there are no lumps, add vinegar and other ingredients. Cook all together half an hour. Then seal. Use when needed. Serve on a lettuce leaf. Garnish with radishes.—Mrs. J. Selman, Williams, Ariz.

CUCUMBER BOATS.

Do not peel, but cut in halves the long way cucumbers about four inches long, scoop out center in balls with round potato scoop. Place in the halves round side up, put on a lettuce leaf and serve with French dressing.—Manistee Public School, Manistee, Mich.

A COMBINATION SALAD.

Cucumbers are served in various ways, made into boats, stuffed and in cream soups, but one of the most nutritious ways of serving them is in a salad with crisp lettuce, young onions and radishes. In one family this salad is often the chief dish at luncheon. It is made in a large salad bowl, in which the crisp lettuce leaves are tossed with slices of ice-cold cucumber, young onions and radishes, and then mixed with a generous amount of dressing made of olive oil, lemon juice, pepper and salt, and a dash of sugar. Use about a quarter as much lemon juice as olive oil. Thin slices of bread and butter, cocoa and a plain cake, served with the salad, make an excellent lunch for midday or afternoon refreshment.—Contributed.

DELICATE SALAD.

Cut celery (with scissors) into small pieces, cut canned, sliced or fresh pineapple into neat pieces. Pour boiling water over meats of filbert nuts and remove skin. Leave nuts whole. Take fresh pears, halve them, scoop out center forming cases. Mix mayonnaise dressing with other articles, fill pears, place on lettuce leaves and garnish with cooked beets cut heart shape. —Mrs. C. F. Philbrook, Bisbee, Ariz.

STUFFED EGG SALAD.

Six hard boiled eggs cut lengthwise in halves, remove the yolks—mash them; add half saltspoon salt, pinch of black pepper, two tablespoons sweet cream, two tablespoons heavy mayonnaise. Mix well and fill the whites of the eggs. Serve on individual plates with two halves on piece of lettuce, with the light mayonnaise poured over the stuffed eggs. Garnish with fancy cut pickled red beets, or with one red radish on top of each, and about three pimolas around on the lettuce. Delicious for luncheon.—Miss Charlotte Wickstrom, Hartford, Conn.

FANCY SALAD.

Cut into small pieces six mellow sour apples. Take six oranges and separate the pulp from the inner skin. Blanch half pound of almonds and chop same very fine, and cut some dice from candied or fresh pineapples. Mix these ingredients and serve on lettuce leaves with mayonnaise or French dressing, added just before serving. Garnish with English walnut meats in halves and candied cherries.—Manistee Public School, Manistee, Mich.

FISH AND POTATO SALAD.

The leftovers of fish from dinner, when mixed with cold boiled potatoes, make an excellent salad. Chop the potatoes and flake the fish, using a little more fish than potatoes. Make a dressing of four tablespoons olive oil, one saltspoon of salt, one of pepper, one tablespoon lemon juice, one tablespoon chopped onion, and mix it with the fish and potato. Garnish with parsley and serve cold. Serve in bell peppers halved.—Contributed.

FRENCH SALAD.

One pineapple, four bananas, four small sweet oranges, peel and cut into thin slices the oranges, pineapple and bananas. Arrange the fruit in layers, bananas first, then the oranges, then pineapples and oranges left, in the same order. Sprinkle over these the meat of any favorite nut. Serve with French dressing.—Mrs. E. J. Gibson (Santa Fe System), Winslow, Ariz.

FRUIT SALAD.

Mix equal parts of orange (diced), banana, pineapple and white grapes peeled. Serve in lettuce cups with cooked mayonnaise dressing made quite sweet. Cherries on top.—Mrs. Geo. Barney, Williams, Ariz.

FRUIT SALAD.

A piece of banana sliced large or small, some ice cream (more or less), some pineapple (canned or fresh).—Miss Behringer, Adrian, Mich.

FRUIT AND NUT SALAD.

Mix one cup each of freshly cut apples (diced) and celery, one small bell pepper cut very fine. Dress with cooked mayonnaise dressing, flavor with lemon juice. Serve on bed of lettuce leaves on a platter garnished with a red apple cut in thin crescent-shaped pieces. Sprinkle over tops with ground pecan nuts. Serve in orange shells.—Mrs. George Barney, Williams, Ariz.

GRAPE FRUIT AND CHERRY SALAD.

Cut the fruit through the center, and take out the sections, freeing them from the white skins; let them stand a few minutes in French dressing. Place lettuce leaves on your salad plates, using only the white ones, on these rest the pieces of grape fruit together with maraschino cherries, enough to give a good appearance to the salad. Or serve in grapefruit shells. —Manistee Public School, Manistee, Mich.

HERRING SALAD.

Soak salt herring over night; remove the milch and mash fine; remove head, skin and bones; chop the herring; add chopped apples, pickles, potatoes, olives and capers. Put in the salad bowl; then add the yolks of three hard boiled eggs to the mashed milch, mustard, one teaspoon of sugar mixed with one-fourth cup vinegar and a little lemon juice, salt and pepper. Pour the sauce over the salad and garnish with olives and sliced lemon.—Anna Peterson, Duluth, Minn.

LETTUCE WILTED.

Cut bacon or ham into small dice and fry crisp, pour one cup of vinegar in this, then pour hot over lettuce which has been cut fine. Add onion if desired.—Mrs. Wm. Kay, Williams, Ariz.

LOBSTER SALAD.

One can lobster cut in small pieces, six medium sized cold boiled potatoes cut in dice, six hard boiled eggs sliced, eight olives cut in small pieces, three small pickles sliced, one-half pound walnut meats, one onion, grated; put all in a dish and pour over a salad dressing made as follows: Two cups vine-

gar put on stove to boil, one and one-half cups sugar, two large teaspoons mustard, two of flour; stir these together dry, then break in one egg and melted butter size of egg, salt to taste and stir slowly into vinegar; when done let stand until cold then thin with sweet cream or milk and pour over ingredients. —Mrs. J. H. Henskey, Mulliken, Mich.

ASPARAGUS SALAD.

Use the asparagus tips canned, drain and chill. These may be laid on a platter of scraped ice, and the mayonnaise poured over them or cut peppers lengthwise and serve the salad in them.

LOBSTER SALAD.

First boil the lobster. Then pick it out and serve with lettuce, a few sprigs of watercress and a little English mustard. Make a French dressing of equal parts of olive oil and vinegar, and a dash of salt and pepper. Lobster served in this way is far more digestible than with mayonnaise sauce.

A LUNCHEON SALAD.

Apples, celery, English walnut meats cut in small pieces; mix with a sweet salad dressing. Serve in tomato shells, place on lettuce leaves and put more dressing on top.—Mrs. E. H. Ayer, Detroit, Mich.

NORMANDY SALAD.

One can French peas, one-half pound cream cheese, one-half pound English walnuts. Mix ingredients with mayonnaise dressing. Serve on lettuce.—Miss Francisco, Williams, Ariz.

NORWEGIAN SALAD.

Cut some pickled herring into pieces and mix with flaked rice, two peeled apples and two boiled potatoes, cut into dice. Add some chopped shallotto and gherkins, sprinkle with finely minced tarrangan and chervil; salt and pepper to taste. Cover with plain salad dressing. Serve on lettuce leaf.—Miss Marie Tjelle, Minneapolis, Minn.

NUT SALAD.

Two cups apples chopped fine, one cup celery chopped fine, one-half cup walnuts. Dressing of sour whipped cream. Serve in apple shells.—Mrs. A. Adams, Williams, Ariz.

NUTS AND CELERY SALAD.

Cut the celery into crescent-shaped pieces and slice the walnuts, using half as many nuts as celery. Add French dressing and arrange on celery leaves.—Manistee Public School, Manistee, Mich.

APPLE AND NUT SALAD.

Six small apples chopped, one cup nuts chopped, mix thoroughly and serve with whipped cream in apple shells.—Mrs. C. A. Lindstrom, Williams, Ariz.

ORANGE AND DATE SALAD.

Remove the pulp and inner skins from six oranges and one grape fruit, and break the flesh into small portions, mix with one pound of dates, stoned and cut into bits, and a small quantity of figs. Three apples cut fine, pecan nuts cut fine. Serve on blanched lettuce leaves in orange shells with the following dressing: To the yolks of two eggs beaten light add one-half cupful of powdered sugar, one cupful of orange juice, lightened by a dash of lemon and grape juice.—Mrs. H. J. Gray, Williams, Ariz.

PEPPER-GRAPE FRUIT SALAD.

Remove the top and the seeds of the green peppers and fill them with a mixture of the pulp of the grape fruit, some finely chopped celery and chopped English walnuts mixed with mayonnaise dressing.—Contributed, Williams, Ariz.

OLIVE AND POTATO SALAD.

Cut up two medium-sized cold boiled potatoes, two hard-boiled eggs, and six large olives. Mix these and pour over them two tablespoonfuls of French dressing. Set on the ice for two hours, and mix with mayonnaise just before serving on lettuce.

PEPPER AND GRAPEFRUIT SALAD.

Cut slices from the stem ends of three green and three red peppers. Remove the seeds and refill the shells with the pulp of grapefruit finely cut, chopped celery hearts and broken English walnut meats in the proportion of twice as much grapefruit as celery and two nut meats to each pepper. Arrange on lettuce leaves in pepper cups with mayonnaise.

PEACH SALAD.

Serve halved peeled peaches with whipped cream flavored with lemon. Ground almonds sprinkled over top.—Mrs. Geo. Barney, Williams, Ariz.

PINEAPPLE AND BANANA SALAD.

Cut slices of canned pineapple into small dice and drain away juice. To one cupful pineapple add one cupful finely sliced bananas, and pour over a syrup flavored with maraschino. Serve in lemon cups, which are made of large lemons cut into halves and center carefully removed.—Manistee Public School, Manistee, Mich.

POINSETTA SALAD.

Chill tomatoes. With a sharp pointed knife cut down one inch from below end of each section of tomato, just cutting through the skin, and turn them back like rose petals. Then insert knife again at end of tomato and cut in one-fourth inch and turn back each section of flesh, forming a second petal; with point of knife cut out center of tomato and fill cavity with the following: One cup finely chopped olives, one cup finely chopped walnuts, one cup finely chopped cucumbers, mix with mayonnaise dressing. Drop a spoonful mayonnaise on top, place on lettuce leaves and serve.—Mrs. Allen F. Hunt, San Diego, Calif.

POTATO SALAD.

Take six large boiled potatoes, chop fine, chop one large onion and salt to taste, three hard boiled eggs. Make dressing of the yolks of two eggs and a little salt, beat light, add one-half teaspoonful of dry mustard and olive oil and vinegar until it thickens. Serve in baked potato shells.—Mrs. Elizabeth R. Ashurst, Prescott, Ariz.

POTATO SALAD.

Boil as many potatoes as are needed, in their jackets, let cool and peel, then cut in slices or cubes. Dressing: One pint vinegar, one teaspoon mustard, one tablespoon flour ,one tablespoon butter, one tablespoon sugar, salt, pepper, chopped onion, and two eggs. Cook these ingredients together and pour over potatoes.—Mrs. W. A. Mayflower, Flagstaff, Ariz.

POTATO SALAD.

Cook four good sized potatoes with "jackets" on. While potatoes are cooking prepare the dressing. Melt one tablespoonful butter, add two level tablespoonfuls corn starch, add one tablespoonful flour. When blended add one cup warm water and cook well. Mix together one-fourth teaspoonful mustard, one-half teaspoonful salt, one teaspoonful sugar and yolk of one egg, add to cooked mixture with one-fourth cup vinegar. Remove from fire, add two tablespoonfuls olive oil

and beat thoroughly. Cover and keep hot. Peel and slice hot potatoes, dust lightly with salt and pepper and sprinkle over each layer as potatoes are cut into dish a few drops of onion juice. Put dressing on each layer, cover dish and set aside for several hours, if possible, before serving. Serve very cold on lettuce leaves, with finely chopped parsley sprinkled over top.

POTATO SALAD.

Six good sized potatoes boiled with their jackets on. Peel and cut into dice, add one-half cupful grated onion, six or eight radishes sliced, one cupful chopped English walnuts. Serve individually, on lettuce leaf with an olive. Dressing: Four eggs thoroughly beaten, one teaspoonful mixed mustard, one teaspoonful each salt and sugar, one-half teaspoonful black pepper, tiny pinch cayenne pepper, four tablespoonfuls good cider vinegar. Mix and beat well, cooking in double boiler until it thickens a little. Cool. Add one-half cupful whipped cream before serving.—Mrs. R. R. Ringwalt, Omaha, Nebr.

HOT POTATO SALAD.

Boil five or six large potatoes and cut them in thin slices while they are hot. Fry thin slices of bacon and cut in small pieces until there is a half cupful. Pour off the bacon fat from the frying pan, except two tablespoonfuls, and into this hot fat stir a teaspoon of flour in which a quarter teaspoon of mustard, an eighth teaspoon pepper and quarter teaspoon of salt have been mixed. Stir it to a smooth paste, then stir in a half cup of vinegar, let it come to a boil and mix with the hot potatoes. Serve while hot.

POTATO SALAD.

Four cups minced cold boiled potatoes, one-half cup green onions, two hard boiled eggs cut fine. Dressing: Place one cup of vinegar on the fire, add one teaspoonful mustard, one teaspoon salt, one-half cup black pepper, one-half cup celery seed ground. While vinegar is coming to a boil, add three well beaten eggs. Remove and stir until smooth. Set aside until ready to serve.—William Mann, Stanford University, California.

POTATO SALAD.

Cut cold boiled potatoes into neat pieces, slice cucumbers lengthwise, remove seeds and cut into small pieces. Secure all the green things obtainable, such as parsley, celery, chili, olives, onion, etc., in small quantities and grind in meat grinder.

Squeeze out juice and add to salad with plenty of mayonnaise dressing.—Mrs. C. F. Philbrook, Bisbee, Ariz.

POTATO SALAD.

Boil six large potatoes with skins on, peel before quite cool, slice thick, and mix well with one good sized onion sliced. Sprinkle with pepper and salt. Dressing for same: Beat two eggs, add two tablespoons butter, three tablespoons vinegar (strong), one-half teaspoon salt, one-half teaspoon mustard: cook slowly in double boiler, stirring often. Pour over potatoes, mixing well together. Just before serving stir in one-half cup sour cream and slice one hard boiled egg over the top. —Mrs. Bruner, Los Angeles, Calif.

POTATO SALAD.

Slice cold boiled potatoes very thin, and mix with chopped celery and onion; season to taste with pepper and salt. Then rub the yolks of two hard boiled eggs with one tablespoonful of good olive oil, two tablespoonfuls of vinegar; sprinkle with chopped parsley or ground salted almonds and serve in green pepper shells. Garnish with radishes.—Mrs. Wm. F. Dermont, Williams, Ariz.

GERMAN POTATO SALAD.

Oue quart of boiled potatoes sliced, three tablespoons of onions sliced fine, one-third cup vinegar, one-third cup of hot water. Parsley, salt and pepper to taste. Fry a few slices of bacon cut in small cubes crusp, mix a little flour ,add vinegar and water, mix thoroughly and serve—Mrs. Wm. Hayward, Los Angeles, Calif.

A QUICK SALAD.

Chop fine one hard boiled egg, one-fourth pound cheese, pinch of salt, a dash of paprika, juice of one-half lemon, two tablespoons of thick cream; pour over two cups of shredded cabbage, stir good and serve.—Mrs. H. A. Schlee, Williams, Ariz.

SALMON SALAD.

Two cans salmon, three large onions chopped fine, put in the salmon with a pinch of salt and pepper, three hard boiled eggs mixed into salmon. Beat up one egg and put two tablespoons cold water in it, a teaspoon of mustard, teaspoon sugar. Stir it into a cup of boiling vinegar, then pour over the salmon. It's fine and dandy. Serve on lettuce leaf.—Mrs. Rea Stockton, Somerville, Tex.

A SIMPLE SALAD.

Combine walnut meats with an equal quantity of crisp white celery or tart apples pared, cored and cut in cubes. Cover with French dressing or mayonnaise, and serve in apple cups or on lettuce leaves. Walnuts are also excellent combined with cream cheese, tomatoes, oranges or grape fruit.

A SALMON SALAD.

Garnish salmon with cucumbers, tomatoes and lettuce; sprinkle with salt, pepper and paprika; add a few drops of chili vinegar, and slices of hard-boiled egg. Cover with this sauce: Yolks of three eggs, juice of a lemon, salt and red pepper, a pinch of grated nutmeg, three tablespoonfuls of butter and half a cupful of water. Stir over the fire until thick.

SARDINE SALAD.

Remove skins and bones of the sardines, cut into cubes and arrange on a platter with some minced olives, have around it a border of tomato jelly made by adding melted gelatine to a pint of tomato pulp, seasoning with salt and pepper and spices to taste. Garnish with hard boiled eggs, and cover with mayonnaise dressing (Tested).—Mrs. W. D. Finney, Williams, Ariz.

SHRIMPS IN TOMATO CASES.

One and one-half cups shrimps cut in small pieces, six tomatoes, two tablespoons butter, two slices onion, one cup bread crumbs, one-fourth cup cream, salt and paprika to taste. Remove the top of the tomato and scoop out the pulp. Melt the butter in the frying pan and fry the onion slices in it, then add the tomato pulp and cook for ten minutes. Stir into the mixture the bread crumbs and the cream, and when it is a thick, smooth paste, add the shrimps and cook for two or three minutes. Add the seasoning and put the mixture in the tomato cases, cold. They may be served in the raw cases, or, if preferred, the tomatoes may be put on a buttered baking dish and baked in the oven. Serve with toasted bread.—Contributed, Williams, Ari.

RICE AND TOMATO SALAD.

Set cold boiled rice on the ice until very cold, scoop out the inside of large ripe tomatoes. Make a mixture of equal parts of the tomato pulp and cold rice and add a tablespoon of grated parmerican cheese, mix thoroughly, season with salt and paprika and fill the scooped tomatoes with the mixture. Set on

the ice for an hour, then serve with a great spoonful of mayonnaise poured on tops and over each tomato.—Mrs. E. F. Metlar, San Francisco, Calif.

TOMATO SALAD.

Peel and slice twelve nice, sound, fresh tomatoes. Set them in the refrigerator while you make the mayonnaise dressing. Take a head of broad-leaved variety of lettuce, wash and arrange the leaves neatly around the sides of a salad bowl. Place the cold sliced tomatoes in the center. Pour over any good dressing and serve.—Contributed.

TOMATO SALAD.

Select very ripe, moderate sized tomatoes; remove the skins and the stem end, and a part of the seeds and center. Fill this hollow tomato with chopped onion, celery, bell pepper, some of the removed seeds and pulp; season with pepper and salt to taste. Put rich mayonnaise dressing on top, with a Queen olive. Serve individually on a lettuce leaf, with salted crackers. —Mrs. Wm. F. Dermont, Williams, Ariz.

TOMATO JELLY SALAD.

One can tomatoes, one teaspoon salt, one-half teaspoon paprika; cook fifteen minutes, add two tablespoons granulated gelatine dissolved in one-fourth cup cold water, pour into individual molds. When cold, serve on lettuce with mayonnaise dressing.—Mrs. J. S. Salzman, Los Angeles, Calif.

GROVER CLEVELAND'S TOMATO SALAD.

Take firm, ripe tomatoes and cut a slice from stem end. Remove the pulp and mix with fine chopped celery, onions, green peppers, apples and mayonnaise dressing. Fill the tomatoes with the mixture.—Mrs. E. L. Purdy, Gallup, N. M.

TOMATO AND BANANA SALAD.

Slice thin tomatoes, bananas and hard boiled eggs. Cover with mayonnaise dressing, and sprinkle with chopped nuts. Serve on lettuce or nasturtium leaves.—Manistee Public School, Manistee, Mich.

VEGETABLE SALAD.

Chop one cup cabbage, three pickles, three apples, six boiled eggs, one large onion. Rub the yolks of three hard boiled eggs into the above. Sift over all one tablespoon flour. Dressing: Boil until it creams, one tablespoon flour, large half cup butter, one cup milk. Beat well two eggs, two tablespoons sugar,

one teaspoon mustard, one teaspoon salt, scant pinch of pepper. Have ready in separate boiler half cupful hot vinegar, add above mixture, boil fifteen minutes, then let cool, then pour over vegetables and serve in tomato or pepper shells.—Mrs. Charles Lindstrom, Williams, Ariz.

VEGETABLE SALAD.

Three medium sized boiled beeets, two large boiled potatoes, a carrot, two hard boiled eggs and one fine head of lettuce. Cut up the vegetables in small pieces, add salt and pepper. The head of lettuce may be used to top the pyramid which the salad is made to form, and one sliced egg used to decorate the dish. Serve with French dressing.—Mrs. E. J. Gibson, Santa Fe System, Winslow, Ariz.

WALDORF SALAD.

Chop and mix four medium sized hard apples, one-half pound English walnuts, as much celery cut up as apple. Dressing for same: Two eggs, one-half cup vinegar, one-half teaspoon salt, two pinches cayenne pepper (stir while boiling). Mix all in bowl and just before serving add one-half cup whipped cream.—Miss Parsons, Saginaw, Mich.

WALDORF SALAD.

Dice apples and celery, add blanched almonds and Malaga grapes halved. Mix well together and serve with mayonnaise dressing—Mrs. L. E. Purdy, Gallup, N. M.

WALDORF SALAD.

One cup walnut meats coarsely chopped, one cup celery, also one cup of rather tart apples. Mix well together, place on bed of lettuce leaves, and cover with mayonnaise. Better not cut up apples until nearly ready to serve, as they discolor very quickly.—Miss Nanna Morrell, Los Angeles, Calif.

WALNUT SALAD.

Use for this the best grade Grenoble walnuts, if you can get them. Remove the meats as whole as possible, put twenty-four of these in a saucepan, cover with stock, a slice of onion and a bay-leaf, and simmer twenty minutes. Take out and cool. Line a salad bowl with heart leaves of lettuce, and sprinkle over them a half cupful minced water cress, and a tablespoonful chives. Add twelve pickled oysters or oysters or clams parboiled and marinated with oil and vinegar or lemon juice, and on top of all put the walnuts. Cover with French dressing, chili and serve. Delicious.

CABBAGE WALNUT SALAD.

Chop or cut one small head cabbage and one head of celery. Season with salt, pepper and piece of butter. Cover with some good salad dressing, and just before serving mix in some chopped walnuts.—Mrs. W. A. Mayflower, Flagstaff, Ariz.

SALAD DRESSING

"My salad days when I was green in Judgment."

SALAD DRESSING.

Take four tablespoonfuls of butter, one tablespoonful of flour, one tablesponful of sugar, one teaspoonful of mustard, a little cayenne pepper, one cup of sweet milk, one-half cup of vinegar, three eggs. Melt butter, stir flour, salt, sugar, etc., together. Beat eggs in milk, cook over steam, beat vinegar in after removing from fire.—Mrs. G. W. Mathews, Williams, Ariz.

MY FAVORITE SALAD DRESSING.

One teaspoon mustard, one-half teaspoon salt, one teaspoon sugar, one teaspoon flour. Stir smooth with a little milk; beat into this two eggs, then add two tablespoons oil, five tabelspoons milk, six tablespoons vinegar, stirring all thoroughly together. Heat in double boiler until like cream.—Mrs. J. M. Dennis, San Jose, Calif.

SALAD DRESSING.

Two eggs, one cup vinegar, one tablespoonful butter, one teaspoonful salt, one tablespoonful corn starch, one teaspoonful mustard (dry), one small cup vinegar. Mix all together, cook until thick, set away to cool, then add cream to thin. Dressing will keep from three weeks to a month if kept in a cool place. —Mrs. F. Machleb, Anaheim, Calif.

SALAD DRESSING.

Two eggs, three tablespoonfuls sugar, one-half cup vinegar, one-fourth teaspoonful ginger, one-fourth teaspoonful pepper, one-fourth teaspoonful salt, butter size small walnut. Beat the eggs, add other ingredients except butter, put in the boiler and cook until it becomes light, stirring all the time with egg whip. Add butter just before removing from stove.—Mrs. P. A. Melick, Williams, Ariz.

SALAD DRESSING.

Two whole eggs beaten light, one cup vinegar, one-half cup rich milk, one-half teaspoon salt, one teaspoon dry mustard, little pepper, butter size of walnut. Put all in granite or earthen bowl over fire and stir constantly until thick.—Mrs. G. W. Glowner, Williams, Ariz.

SALAD DRESSING.

Mix together one heaping tablespoonful of flour, one heaping tablesponful of sugar, one-half teaspoonful of mustard and a pinch of salt. Add to this mixture after it is well blended: One well beaten egg, one-half cup vinegar, and one-half cup water. Pour the whole into a double boiler and let cook until it thickens, stirring constantly. When cold seal up for use. If too thick when used, thin with sweet cream.—Mrs. J. Caufiman, Williams, Ariz.

SALAD DRESSING.

Take a lump of butter about the size of an egg, melt it and add one tablespoon flour. Cook this, but do not brown. Then add one cup water, beat the yolks of four eggs, and add one tablespoon sugar, one teaspoon mustard, and two-thirds of a cup of vinegar.—Mrs. G. A. Haslett, Winslow, Ariz.

SALAD DRESSING.

Dissolve one-fourth teaspoon of mustard in one tablespoon vinegar, add five tablespoons of vinegar and two tablespoons of sugar, beat thoroughly and put with vinegar, boil, stirring constantly until thickens. Cool and thin with two tablespoons of sweet cream. Good for for fruits and string beans.—Mrs. Lloyd, Sedro Wooley, Wash.

SALAD DRESSING.

Four tablespoonfuls butter melted in double boiler. Add one tablespoonful of flour, stir until smooth. Add two-thirds cup milk. Heat until it thickens. Have ready: Three beaten eggs to which has been added: one tablespoonful mustard, one tablespoonful salt, two tablespoonfuls sugar, two-thirds cup vinegar, dash of cayenne pepper. Let boil until thick like custard—about two minutes—stirring constantly.—Mrs. Don Reed, Harper, Kans.

CHEESE SALAD DRESSING.

Two eggs, one teaspoon salt, one-fourth teaspoon pepper, one-fourth teaspoon paprika, one-half teaspoon mustard, one tablespoon flour, one cup milk, one-half cup hot vinegar, one-half cup grated stale cheese. Beat the eggs. Mix the dry ingredients with the beaten egg, stirring them in gradually to prevent lumping, add the milk and stir, then add the hot vinegar and put in double boiler and boil until it begins to thicken. Add the cheese and let it boil until the cheese is melted.

SIMPLE SALAD DRESSING.

One tablespoonful sugar, half teaspoonful flour, one teaspoonful salt, dash of red pepper, flavor with celery salt. Stir all together well, add to this mixture one beaten egg, four tablespoonfuls vinegar, two tablespoonfuls water. Boil a minute or two and stir constantly until it becomes a paste, then add butter the size of a walnut, and cream or olive oil enough to thin it to a proper consistency. A little mustard may be added.—Mrs. J. O. Dodge, Los Angeles, Calif.

SALAD DRESSING FOR FRUIT SALAD.

Beaten yolks of six eggs, three round tablespoons sugar, six tablespoons vinegar, one level teaspoon salt, cook until thick and just before using add an equal amount of whipped cream.—Vincent, Manistee, Mich.

SALAD DRESSING.

Yolks of two eggs, teaspoon prepared mustard, small teaspoon salt, four tablespoons melted butter, six tablespoons vinegar. Cook on slow fire and stir constantly. Beat the white of the eggs and add to rest of the dressing. Cream may be added when cold if desired, but it is not necessary.—Miss Behringer, Adrian, Mich.

SALAD DRESSING.

Put in double boiler, one-half cup sugar, one-half cup vinegar, one-half saltspoon white pepper, one-half saltspoon dry mustard, one saltspoon salt. Stir constantly, adding the well beaten yolks of four eggs. When sufficiently thick remove from fire. When cold and just before serving add one cup thick sweet cream.—Miss Marie Polson, Williams, Ariz.

SALAD DRESSING.

One tablespoon sugar, one-third tablespoon dry mustard, one tablespoon flour, two eggs well beaten, one cup vinegar. Let this come to a boil; add salt to taste and butter the size of an egg. When cool and before serving, add about one cup whipped cream. If cream cannot be had, use the whites of two well beaten eggs.—Miss Deletta Buggeln, Williams, Ariz.

SALAD DRESSING.

One cup cream, two eggs (yolks only), one teaspoon mustard, four teaspoons sugar, one-half teaspoon salt. Red pepper and vinegar to taste.—Mrs. T. A. Riordan, Flagstaff, Ariz.

SALAD DRESSING.

To every yolk of raw egg add one tablespoonful of vinegar, beat thoroughly, place on the stove and stir constantly, cooking until thick enough to drop heavily from the spoon. Take from the stove, and to every four yolks you have used, add one tablespoonful of butter. After adding butter if there are any lumps in it, place on the stove just a moment and stir. Have ready one teaspoon salt, one-half teaspoon dry mustard, one-fourth teaspoon pepper, season to taste with this, and when ready to use the dressing, have a little well whipped cream to thin the dressing to the desired consistency.—Mrs. Edward Wheeler, Manistee, Mich.

BOILED SALAD DRESSING.

One-half teaspoon mustard, one teaspoon powdered sugar, one-half teaspoon salt, yolk one egg, pinch cayenne, three-fourths cup milk, two teaspoons flour, two teaspoons melted butter, one-fourth cup of hot vinegar. Method: Mix the dry ingredients, and stir into them the yolk of egg, butter and milk, stir over hot water until it begins to thicken, then stir in the vinegar. When as thick as heavy cream strain and cool. —Miss Elva Burns, Cliffs, Ariz.

BOILED DRESSING.

Beat yolks of four eggs, add one cup vinegar. In another bowl mix two tablespoons flour, one teaspoon salt, one-third cup sugar, one teaspoon mustard and a dash of red pepper (sweet red pepper is best). When well mixed stir in one-half cup water and combine with egg mixture, strain, add lump of butter (about one tablespoon) and cook over hot water until thick and smooth.—Mrs. McD. Robinson, Williams, Ariz.

COOKED SALAD DRESSING.

Two tablespoons flour, one teaspoon salt, one-half (scant) cup sugar, dash red pepper, one teaspoon mustard, one-half cup water, yolks of four eggs, one cup vinegar, one-fourth cup butter. Mix first five ingredients well, add water and stir again. Beat yolks of eggs, add vinegar and combine with first mixture. Strain, add butter and cook in double boiler until thick. This will keep for weeks. Use sweet red pepper if possible in which case almost one-fourth of a teaspoon can be used.—Mrs. Scott Mitchell, Kansas City, Mo.

CREAM SALAD DRESSING.

Into one cup of real thick sour cream beat the yolks of two

eggs, warm one cup of vinegar and two tablespoons of sugar, then pour in the eggs and cream and cook until thick as desired.—Mrs. R. S. Teeple, Holbrook, Ariz.

CREAM SALAD DRESSING.

Heat one-half cup vinegar in double boiler, mix two level teaspoons mustard and salt, three level teaspoons sugar, and one-fourth teaspoon white pepper, add four eggs, beat till light, add one cup thick cream, the hot vinegar, turn back into boiler and cook till thick and smooth.—Mrs. Victor Melick, Williams, Ariz.

FRENCH DRESSING.

One spoonful of salt, the same of mustard and sugar, a dash of pepper, a tablespoonful of olive oil. Mix well together, adding the oil last. Stir smooth, add two more spoonfuls of oil, and one tablespoonful of vinegar. Red pepper may be used instead of black pepper.—Mrs. E. J. Gibson (Santa Fe System), Winslow, Ariz.

DRESSING FOR TOMATO SALAD.

A little mayonnaise, chopped green pepper, chopped pickled English walnuts, a pinch of English mustard. Salt. Mix well together.

DRESSING FOR LETTUCE SALAD.

Take a small piece of Maguipart cheese, crush it in a bowl, put in paprika, pepepr, salt and vinegar, work it until smooth, put in a lump of butter, pour in olive oil, and mix well together.

DRESSING FOR COLD FISH OR CRAB SALAD.

Mayonnaise, a little English mustard and currace gander, add a little salt, and a little cream and mix well.—S. O. Valegard, Fred Harvey System.

MAYONNAISE DRESSING.

In order to make Mayonnaise dressing everything must be cold, not necessarily ice cold, but chilled. Put a whole egg into a bowl and beat very thoroughly. Mix one-half teaspoon each mustard, pepper and salt, and one teaspoon sugar and beat in the eggs, adding oil and lemon juice alternately until thick as desired. One egg should take a cup of oil and one-half lemon. This is better if made the day before using and set in a cold place. The oil can be put in in three pourings.—Mrs. Leroy L. Gilmore, Watsonville, Calif.

Mrs. Mary Leffingwell, Omes, O., asks: Can you tell me how to color mayonnaise dressing green? I know it can be done and, if the coloring material is harmless, I would like to know the recipe.

Answer: Chop parsley leaves fine and pound them with a few drops of lemon juice, strain through a piece of cheese-cloth and add the juice to the mayonnaise. Or, you may use spinach leaves instead of parsley if you prefer.

MAYONNAISE DRESSING.

Three tablespoons butter, two and one-half tablespoons flour, one teaspoon mustard, one teaspoon salt, one coffeecup vinegar, two eggs. Let vinegar come to a boil; slowly pour into it the other ingredients well beaten; stir until it boils. When ready to use add enough whipped cream to make it pour.—Mrs. S. Degering, Santa Fe System, Williams, Ariz.

MAYONNAISE DRESSING.

Take one even teaspoonful of mixed mustard, and one teaspoonful of salt, a pinch of cayenne, add the yolk of one egg. Stir together and add very gradually a teaspoonful of best olive oil, stirring steadily one way. It should form if properly stirred, a thick paste so thick as to form a smooth yellow ball. When ready to use thin with vinegar or lemon juice and add a little sweet cream to the consistency of very thick cream. If after adding some of the oil the egg should break, that is, become thin, the addition of another yolk will usually restore it.—Mrs. E. J. Gibson (Santa Fe System), Winslow, Ariz.

HOW TO MAKE MAYONNAISE (by Charles Fellows).

Take yolk of raw egg, beat in olive oil, when it gets like butter add some salt, then more oil, then little dry mustard, cayenne, then alternately oil, vinegar and lemon juice.—O. L. Wilson, Los Angeles, Calif.

MAYONNAISE DRESSING.

Yolks of four eggs, four tablespoons of oil or melted butter, four tablespoons white vinegar, one teaspoon salt, two teaspoons sugar and mustard. Put eggs, vinegar, salt, mustard, sugar and oil or butter in double boiler. Cook until it thickens. Remove from fire and stir until cold. Before serving add one cup of sweet cream.

MAYONNAISE DRESSING.

Heat one cup sweet cream to boiling point, add yolks of four eggs, cook until it thickens, add four tablespoons lemon juice. Sugar, salt and mustard. Excellent in fruit salads. —Mrs. McD. Robinson, Williams, Ariz.

MAYONNAISE DRESSING.

One teacup oilve oil (best), one tablespoon lemon juice, one tablespoon vinegar. First put in your mixing bowl one-half teaspoon dry mustard, one teaspoon pulverized sugar, one-fourth teaspoon salt, pinch of red pepper, beaten yolk of one egg. Mix well. Add two or three teaspoonfuls of the olive oil, beating constantly and hard. Hereafter add alternately one teaspoon each lemon juice, olive oil and vinegar until all have been used. The success of this dressing depends upon the thorough beating, and not adding too much oil at one time. Keep on ice. Before serving, add one-half cup of whipped cream.—Miss Charlotte Wickstrom, Hartford, Conn.

REAL MAYONNAISE DRESSING.

Beat the yolk of one egg just a little, then add very slowly one pint of oilve oil. Stir or beat gently for about one hour. —Mrs. R. S. Teeple, Holbrook, Ariz.

MAYONNAISE DRESSING (NEVER FAIL).

One-half teaspoon each mustard, salt and powdered sugar, and a few grains cayenne. To the dry ingredients add one tablespoon each lemon juice and vinegar, blending thoroughly. Place the yolk of one egg in a small bottomed bowl, and beat thoroughly with an egg beater. Add the seasoning and beat very thoroughly. It should thicken up slightly. Have oilve oil as cold as possible, and add a few drops at a time, continuing the beating. Soon as it begins to thicken add the oil in larger quantities. Keep adding oil until it is sufficiently heavy to serve. Constant, vigorous beating and adding oil slowly at first are the secrets of success.—Mrs. C. F. Philbrook, Bisbee, Ariz.

SAUCE FOR COLD SLAW.

Two eggs well beaten, one cup vinegar, one tablespoon of sugar, a small piece of butter, mustard if desired. When these are beaten well together boil and cool; pour over slaw.—Mrs. Sam Degering, Santa Fe System, Williams, Ariz.

HOW TO MAKE MAYONNAISE BY LEON KRITZ.

Break eight raw eggs (yolks) into a bowl, some salt and pepper, work with a whip for a few seconds, add a half teaspoonful of vinegar and incorporate slowly one quart of good French or Italian oilve oil, while stirring constantly. Add one gill of vinegar between the time. Set the sauce in a cool place and use when needed.—O. L. Wilson, Los Angeles, Calif.

FRENCH DRESSING.

Mix one-half teaspoon salt, one-fourth teaspoon pepper, two tablespoons vinegar, four tablespoons olive oil added slowly—. Mrs. C. F. Philbrook, Bisbee, Ariz.

SANDWICHES

The first requisite in the preparation of good sandwiches is to have perfect bread in suitable condition. Either white, brown, rye or entire white bread may be used—but it should be of close, even texture and at least, one day old.

Spread butter smoothly on bread before it is cut, after cutting remove crusts—if any. When ready to serve, cut sandwiches square, triangular, long, narrow, round, crescent, heart, diamond, or club shaped. Or, any preferred shape.

In making rolled bread sandwiches, cut off the crust of a loaf of fresh bread and spread a thin layer of butter on one end of the loaf; cut off this buttered end—in as thin slice as possible, and spread with your sandwich filling; roll up this slice and lay on a napkin; draw the napkin firmly around the rolled bread, and pin it. Put in a cool place until ready to serve, then remove napkin and tie sandwich with your color baby ribbon and any fancy fastening—or fasten with toothpick.

French rolls are often used for picnics or afternoon luncheons. Remove from the top of each cold roll, a piece of the crust the size of a silver dollar and take out the center with a spoon. Fill the space with highly seasoned chopped meat: fish, lobster or crab, replacing lid, wrap in tissue paper, and serve with pickles or olives.

For very small, dainty sandwiches, the bread may be baked at home in one pound baking powder cans. These should be only half filled, and then allowed to rise before baking. You then have a round slice without crust.

A garnish such as the following may be used: For meat and fish sandwiches, use sour pickles, olives, lettuce, water cress, parsley, mint or slices of lemon, and hard boiled eggs. For cheese sandwiches, use pickles, olives stuffed with celery or almonds. For sweet sandwiches, use lettuce, maiden hair fern, smilax, berries, flowers or candied fruits in fancy designs.

To keep sandwiches fresh, if prepared an hour or two before serving, wring out a napkin in cold water, covering the tray and keep in a cool place. When taking sandwiches on a picnic, wrap tight in oil or wax paper.—Eva Greene Fuller.

FILLING FOR SANDWICHES.

Good sandwiches are made by using a filling of chopped onions and cucumbers, mixed with mayonnaise dressing. Walnut meats, chopped and mixed with neufchatel or cream cheese,

also makes an excellent filling. Chopped olives and cream or cottage cheese is a good combination, but should be served as soon as made or the olives will give the cheese a bitter taste. Dates and chopped nuts make a good combination and peanut butter is a stand-by.—Contributed.

ANCHOVY SANDWICHES.

One can boneless anchovies, mixed with three mashed hard boiled eggs. Add lemon juice and salt to taste; mix with tablespon soft butter. Spread on unbuttered slices of graham bread, with lettuce leaf between. Garnish with olives stuffed with red pepper.—Contributed.

BEET SANDWICH.

On thinly buttered slices of white bread put chopped, pickled red beets, seasoned with pepper and salt. Over this spread mayonnaise dressing. Cut sandwich into cubes.—Contributed.

BOSTON BAKED BEAN SANDWICH.

Mashed cold baked beans to which add chopped celery with tomato catsup. Spread between buttered slices of brown bread. —Mrs. F. W. Finney, Williams, Ariz.

CELERY SANDWICH.

Chopped celery and English walnuts, moistened with rich mayonnaise dressing, placed between thin slices of bread and butter.—Contributed.

CHEESE SANDWICHES.

Between two large square salted crackers put thin slices of any rich American cheese, over which spread French mustard. Very good.—Miss Margery Hicks, Williams, Ariz.

CHEESE AND PEPPER SANDWICHES.

Chop four green peppers and mix with one-half pound of soft cream cheese. Season with a little dry mustard, salt and pepper. Spread on thin slices of Boston brown bread and form into sandwiches.—Mrs. H. C. Saunders, Williams, Ariz.

CHEESE AND SARDINE SANDWICHES.

Mash equal parts of boned and skinned sardines, and any fresh cream cheese; season with pepper and salt. Place between slices rye bread. Serve with a sour pickle. Good for picnic luncheon. Cut sandwich long and narrow.—Miss Deletta Buggeln, Williams, Ariz.

CHEESE AND OLIVE SANDWICHES.

Cream butter, add an equal quantity of soft cheese scraped fine with a knife and season with salt. Add chopped olives and a small red pepper chopped. Spread between very thin slices of bread and cut in fancy shapes.—Mrs. C. F. Philbrook, Bisbee, Ariz.

CHICKEN SANDWICHES.

Mince two cups boiled chicken, one-half cup chopped celery; season to taste; moisten with the jellied broth; mix well and place between two buttered slices of milk rising bread. Most delicious.—Miss Dorothy Stark, Williams, Ariz.

CLUB HOUSE SANDWICHES.

Toast thin slices of bread, butter lightly and put between them thin slices of hot fried ham. Make another sandwich by putting slices of cold chicken well seasoned between thin slices of plain white bread, lightly buttered. Sandwiches to be cut in any desired shape. Place a sandwich of each kind—one hot and one cold—on a plate with a lettuce leaf, three slices of fresh tomatoes, two olives and a small piece of dill pickle. Put one spoonful of mayonnaise on side of each plate.—Miss Lava V. Sughrue, Point Richmond, Calif.

COLONIAL CLUB SANDWICHES.

Mash cream cheese (neufchatel), moisten with heavy cream (canned will do) season with salt and cayenne and add one-fourth the quantity of finely chopped red peppers. You may omit the cayenne and use green chili. It adds to the attractiveness to tint the mixture a delicate green. Spread very thin slices of bread and cut in fancy shapes. Excellent.—Mrs. C. F. Philbrook, Bisbee, Ariz.

COTTAGE CHEESE SANDWICH.

Between thin buttered slices of brown or white bread, spread rich, home made cheese. Serve with a radish or green onion.—Mrs. Wm. Kay, Williams, Ariz.

CUCUMBER AND ONION SANDWICH.

Spread between slices of buttered rye bread, chopped cucumber and green onions with mayonnaise dressing.—Contributed.

DUTCH LUNCH SANDWICH.

Take two large salted crackers, placing on one, two very thin slices of Bermuda onions, then a layer of minced sardines;

over all, squeeze lemon juice; then put the other buttered cracker on top. Or minced sardines and chopped onions, with a lettuce leaf, between the two crackers.—Contributed.

EGG SALAD SANDWICHES.

For one sandwich take two triangular pieces of bread spread one with salad dressing, on it press one hard boiled egg cut in slices, then four leaves of lettuce, more salad dressing and the other triangular of bread, press together.—Mrs. Geo. Barney, Williams, Ariz.

EGG SANDWICHES.

Place between buttered slices of white bread, a layer of sliced hard boiled eggs, sprinkled with pepper, salt, and chopped water cress and mayonnaise dressing. Serve with dill pickle. Delicious served with cold fried chicken for picnics.—Mrs. Dermont, Williams, Ariz.

EGG SANDWICH.

Rub the yolks of three hard-boiled eggs to a paste; add two tablespoonfuls of olive oil, a pinch of salt, cayenne pepper, and tablespoon vinegar. When this is thoroughly mixed, add one cup of grated American cheese, spread lightly on slices buttered white bread. Serve with sour pickle. Delicious—Miss Blanche Parsons, Saginaw, Mich.

FRIED EGG SANDWICH.

Place between two slices of thin bread and butter, on a leaf of lettuce, well done fried eggs, seasoned with pepper and salt and sprinkled with chopped parsley or water cress. Serve with a red radish. Nice for a change.—Miss Helen J. Stark, Williams, Ariz.

EGG AND OLIVE SANDWICH.

Chop fine five hard-boiled eggs and fifteen large green olives; moisten with three tablespoonfuls of soft butter; season with pepper and salt to taste. Spread on thin slices of lightly buttered bread. Serve with an olive.—Miss Dorothy Stark, Williams, Ariz.

FISH AND EGG SANDWICHES.

Spread on lettuce leaf between two buttered slices of rye bread, equal parts of cold boiled or baked fish and mashed hard boiled eggs, moistened with rich mayonnaise dressing. Garnish with radish. Cut sandwich egg-shaped.—Miss Kathryn Stark, Saginaw, Mich.

FISH AND CUCUMBER SALAD.

One cup chopped crisp, fresh cucumbers, two cups chopped cooked fish, baked or left from dinner; moisten with mayonnaise dressing, having plenty lemon juice, and place between buttered square crackers or thin slices buttered white bread. —Miss Harriette Tafft, Williams, Ariz.

FRUIT SANDWICH.

Place between two slices of bread and butter, strawberry, currant, peach or any jam or preserves. Chopped nuts can be used with any of the above. Nice for picnic luncheons, where cake is hard to carry on the back of a saddle horse.—Mrs. Dermont, Williams, Ariz.

FUDGE SANDWICH.

Spread long, thin crackers with melted fudge. Serve with tart lemonade.—Miss Margarette A. Dermont, Williams, Ariz.

HAM SANDWICHES.

Two cups ground boiled ham, one tablespoon mixed mustard, one tablespoon of melted butter, little red or white pepper; salt to taste; the boiled yolks of four eggs rub well together and spread between two buttered slices of bread—white preferred. Serve with sour pickles.—Mrs. Wm. F. Dermont, Williams, Ariz.

HOLIDAY SANDWICHES.

Chop fine one gherkin, six stoned olives and one tablespoonful of capers, and mix with three tablespoonfuls of stiff mayonnaise sauce. Cut thin slices of bread, butter them and spread half of them with the above mixture and the remainder with cream cheese. Sprinkle over each slice a pinch of paprika and press together. Cut into fancy shapes. Garnish with parsley.

HOT SANDWICHES.

One pound of English walnuts, one head lettuce, mayonnaise dressing, lemon. Chop nuts, add lemon juice, mix with the mayonnaise dressing, spread on slice of bread cut thin, with lettuce leaf.—Mrs. J. S. Irwine, Williams, Ariz.

HOT SANDWICH.

Between two buttered, toasted slices of white bread, put hot creamed codfish. On top of sandwich put teaspoon of the codfish sprinkled with finely chopped hard boiled eggs, and garnish with water cress or parsley and a sour pickle. Serve very hot.—Contributed.

HOT HAM SANDWICHES.

Two cups chopped boiled ham placed in sauce pan with one cup of sweet milk; when hot, add two well beaten eggs, with pepper and salt to taste; cook only moment and serve hot on slices buttered toast. Garnish with chopped parsley and serve with dill pickles.—Mrs. Buggeln, Williams, Ariz.

JAMBON SANDWICH.

Put boiled ham through meat chopper, mix with very little cream or melted butter till it is a paste and to one-half cupful put one-fourth teaspoon dry mustard. Spread on squares of baker's bread and put two together with a thin slice Swiss or American cheese. Saute these before, in a hot dish till brown. —J. W. Baylis, Williams, Ariz.

LETTUCE SANDWICH.

Spread over lettuce leaf mayonnaise dressing, sprinkled with chopped or grated cheese. Place between thinly spread white bread and butter. Brown bread may be used.—Miss Edna Buggeln, Williams, Ariz.

LETTUCE SANDWICH.

Between two buttered slices of white bread place one piece of lettuce spread with rich mayonnaise dressing, sprinkled with chopped nuts. Good for quick, light luncheon.—Miss Dorothy Stark, Williams, Ariz.

CHICKEN LIVER SANDWICH.

Chop livers and little parsley fine; season to taste. Put between slices of white bread and butter. Chicken or turkey gizzards are equally as good.—Mrs. Dermont, Williams, Ariz.

LOBSTER SANDWICH.

Chop the meat of a medium sized can of lobster and three-quarters cup of chopped celery; mix with little mayonnaise dressing; season with pepper and salt and place between two thin slices of lightly buttered brown bread. Cut in diamonds. —Miss DeLetta Buggeln, Williams, Ariz.

LUNCH SANDWICHES.

Six hard-boiled eggs chopped fine, one-half cup chopepd ham, two tablespoonfuls of India relish, salt and pepper to taste. Mix all together with one-half cup of salad dressing, spread on thin slices of bread with a small, crisp lettuce leaf between. Trim neatly. Awfully good for picnics.—Miss Winifred Waite, Winslow, Ariz.

HOW TO MAKE MONTREUX SANDWICHES.

Boil four eggs for a quarter of an hour, then pound them with two tablespoonfuls of butter, one tablespoonful of finely chopped parsley, and sufficient anchovy essence to make all a good pink color. When well pounded add a little paprika and spread the mixture on slices of buttered bread. Serve garnished with parsley.

MUSHROOM SANDWICHES.

Fry in butter and season, fresh mushrooms. When cool, mince fine, using the butter gravy to moisten mushroom. Place between two unbuttered slices of white bread, and serve with olives.—Mrs. Dermont, Williams, Ariz.

MUSHROOM SANDWICHES.

Mince equal parts of boiled beef tongue and mushrooms fried in butter and seasoned to taste. Serve between well buttered slices of white bread. Cut sandwich round.—Miss Dorothy Stark, Williams, Ariz.

NASTRURTIUM SANDWICH.

Put nasturtium flowers and leaves between slices of white bread and butter. Chop flowers and leaves, season to taste; cover with mayonnaise dressing. Rose petals can be substituted.—Mrs. Dermont, Williams, Ariz.

NUT SANDWICH.

Between thinly spread slices of white bread and butter put chopped walnuts and olives, with mayonnaise dressing.—Mrs. P. A. Melick, Williams, Ariz.

NUT SANDWICHES—FILLING.

One and one-half pounds mixed nut meats, one-half pound each of figs, dates and raisins. Remove all seeds, mix fruits and nuts well, run all through food chopper, using fine cutter; pack closely in cans or jars, cover closely, and keep in cool place. When wanted dip can in hot water and contents will slip out easily. Cut in slices and place between thin slices of bread. A delicious candy may be made by cutting the nut fruit mixture into cubes and dipping them into melted sweet chocolate.—Mrs. R. R. Huntington, Mason, N. M.

NOVELTY SANDWICH.

Chop fine one small onion, nine olives, one green pepper, one sour pickle, add one cupful of grated cheese, a little salt

and enough mayonnaise or mustard dressing to form a paste. Spread between thin slices of buttered bread.—Mrs. H. Bailey, Warren, Ohio.

OYSTER SANDWICHES.

Six raw oysters rolled in seasoned cracker crumbs and fried brown in butter. Put oysters on one slice of hot buttered toast, sprinkle with chili sauce and cover with another piece of toast. Garnish with parsley and sliced pickles.—Mrs. John Langowsky, Fray Marcos, Williams, Ariz.

ONION SANDWICH.

Bermuda or any sweet onion preferred. Put thin slices of the onion, seasoned with salt, between two slices of buttered bread. Over the onion, pour melted or grated cheese and mayonnaise dressing. Cut round. Good for Sunday night luncheon.—Mrs. Dermont, Williams, Ariz.

OLIVE SANDWICH.

Chop olives with little celery and walnuts. Mix with mayonnaise dressing. Place between two slices of bread and butter. —Mrs. Dermont, Williams, Ariz.

PIMENTO FILLING FOR SANDWICHES.

One small cup pimentos, chop, add one cupful chopped nut meats, one-fourth cupful chopped celery and five leaves of tender lettuce pulled into small bits. Mix with mayonnaise and spread between the bread.—Mrs. Thomas Maddock, Williams, Ariz.

PEANUT SANDWICH.

Between Boston brown bread and butter put a crisp leaf of lettuce dipped in any good salad dressing and sprinkled with hickory nuts or peanuts.—Miss Ora Ritter, Williams, Ariz.

PEPPER SANDWICHES.

Put green peppers and walnut meats through a grinder, mix with salad dressing, spread on thin slices of bread and butter. —Mrs. E. H. Ayer, Detroit, Mich.

BELL PEPPER SANDWICH.

On thin slices of white bread and butter place thin slices of pepper over which put catsup, salt, any rich mayonnaise dressing, then a leaf of crisp lettuce. Serve with radish.—Contributed.

CHOPPED PICKLE SANDWICH.

Between thinly cut slices of buttered white bread put chopped mixed pickle, with little ground roast beef seasoned with pepper and salt.—Miss Gladys Hicks, Williams, Ariz.

RAISIN SANDWICH.

Delicious for afternoon teas, picnics and children's lunches. Chop fine one cup of seeded raisins, together with one of nuts, preferably walnuts, mix with whipped cream or the white of an egg beaten, season with salt. Spread between slices of bread, cut very thin.—Mrs. H. C. Saunders, Williams, Ariz.

SALAD SANDWICH.

Use any fruit, meat, or vegetable salad, between slices of bread and butter. Excellent. Try it.—Mrs. Dermont ,Williams, Ariz.

SARDINE SANDWICHES.

Remove scales and bones from two boxes sardines and pound to a paste; season with salt, pepper and lemon juice. Serve between two tender lettuce leaves on thinly buttered crackers or rye bread.—Miss Geneva Wagner, Williams, Ariz.

SARDINE SANDWICHES.

Open a small box of sardines and let cold water gently run over the fish to remove the oil. Take off the skin, etc., from the fish and chop fine, with a hard boiled egg for every four fish; work into a paste with one and one-fourth tablespoons of salad dressing to every egg used, season with salt and pepper, spread between thin slices of bread. Anchovies may be used instead of sardines.—Mrs. Will Turnbull, Manistee, Mich.

SARDINE SANDWICHES.

Between two slices of nice toast, put lettuce leaf covered with little sardines and mayonnaise dressing; cut shamrock shape. Garnish with olives and serve with quarter of lemon.—Contributed.

SHRIMP SANDWICHES.

One cup minced shrimp, six chopped green olives, little parsley, moisten with mayonnaise, season to taste. Spread between buttered slices of graham bread. Serve at once with sour pickles.—Miss Katheryn Stark, Williams, Ariz.

SPANISH SANDWICH.

One cup of minced, boned and skinned sardines, one cup of chopped olives and bell peppers in equal proportion, one table-

spoon melted or soft butter, juice from one lemon; season with cayenne pepper and salt. Place between large salted square crackers or bread which is a little old.—Mrs. Wm. F. Dermont, Williams, Ariz.

TOMATO SANDWICH.

Between thin slices of white bread and butter, place a crisp piece of lettuce dipped in mayonnaise dressing or rich cream, on which put thin slices of pared ripe tomatoes. Very nice.

TOMATO AND ONION SANDWICH.

On thin slices of rye bread and butter put thin slices of pared ripe tomatoes, sprinkled with chopped onion, seasoned with pepper and salt. This is good with mayonnaise dressing added.

TOMATO AND NUT SANDWICH.

Between two slices of buttered white bread put a thin layer of ripe sliced tomatoes sprinkled with chopped hickory nuts, pepper and salt, with mayonnaise dressing. Serve with an olive.—Contributed.

TONGUE SANDWICHES.

One fresh boiled tongue cut in shreds, one-fourth smoked tongue cut in shreds, one can truffles chopped fine, two pounds butter, two tablespoonfuls Estrogan vinegar, one tablespoonful French mustard, one-half teaspoonful cayenne pepper, salt to taste. Pound all together in a mortar until perfectly smooth. Spread this mixture thick upon white bread like butter.—Mrs. K. W. Williams, Cynthiana, Ky.

TONGUE AND LEMON SANDWICH.

Spread thin bread and butter, with slices home cooked beef tongue, with juice of lemon squeezed over it.—Contributed.

WATER CRESS SALAD SANDWICH.

Between slices of buttered graham bread, put chopped hard-boiled eggs with little choped water cress, seasoned with salt and melted butter. Over this squeeze lemon juice. Serve with olives. Cut sandwich in three-leaf clover shape.—Mrs. Wm. F. Dermont, Williams, Ariz.

SOUPS

"Now good digestion wait on appetitie, and health on both."—Shakespeare.

The juice of meats is the greatest necessity for good stock and form the basis of all meat soups and of all principle sauces and dressings.

Fresh uncooked beef, with the bones cracked, makes the best stock.

Mutton, alone, is too strong in flavor for good stock, consequently vegetables and herbs seem necessary.

Veal, too, needs something to help flavor and season.

Chicken boiled alone makes excellent broth, but fowl and game must have the assistance of some other meat, vegetable or herb.

For beef stock—which is most generally used—select a good fresh shin bone, having the bones thoroughly cracked. Put in a granite lined, tight covered, soup kettle, with more than enough cold water to cover it. Simmer slowly for several hours in order that the essence of the meat may be drawn out thoroughly. Skim off the scum frequently to prevent it from becoming turbid. Should more water be needed at any time take from a boiling tea kettle. When the meat falls from the bones, it is cooked enough for ordinary soups and sauces. Remove from the fire, strain through a colander. If needed for bouillon, strain through a damp flannel cloth. Set away to cool. When cold remove all grease from the top, and set away for future use.

For bouillon, take the very top of the stock jelly, re-heat, season and serve hot in bouillon cups.

For consomme, this same kind of stock can be used, with the addition of vegetables and herbs. When the vegetables are thoroughly cooked, strain through a fine hair sieve. Season to taste and serve hot, with little cooked rice, barley or vermicelli.

A clear soup must be perfectly transparent, a thickened soup about like cream.

BARLEY SOUP.

Cook slowly one cup barley three hours. Have soup stock hot, add barley, salt, pepper and butter just before serving.—Mrs. Lloyd, Sedro Woolley, Wash.

ASPARAGUS CREAM SOUP.

Cook slowly one bundle asparagus in boiling salted water for thirty minutes. Take from water, cut off tips and put into soup tureen. Press pulp from stalks through a sieve. Scald three cups milk, add one cup white stock, or water in which asparagus was cooked. Mix three tablespoonfuls of corn starch with three tablespoonfuls butter in a saucepan over the fire, adding gradually portion of scalded milk to make very smooth. When thoroughly done, add remainder of milk and asparagus pulp. Season to taste with salt and pepper. Stir till boiling, then strain into the tureen.

BARLEY SOUP.

Cook a soup bone with the following until meat is tender: One-half cup barley, one-half can tomatoes and a few sprigs parsley.—Miss Parsons, Saginaw, Mich.

CREAM OF BARLEY SOUP.

One cup barley well mashed, three pints chicken or veal stock, one onion and bit of mace. Cook slowly five hours, rub through a sieve, and add one and one-half pints boiling cream or milk, salt and cayenne to taste. Yolks of three eggs beaten with one-fourth cup of cream added to soup two minutes before serving makes soup much richer.—Mrs. R. G. Peters, Manistee, Mich.

BEAN SOUP.

Boil one can lima beans, one small onion and a teaspoon salt in cold water to cover, three or four hours. Strain; add melted butter size of walnut. Stir in one teaspoon flour. To this add the bean stock and one cup beef stock. Boil eight minutes, add cup sweet cream, salt and pepper to taste. Serve with chopped parsley and one teaspoon whipped cream in each plate.

CREAM OF BEAN SOUP.

Boil one cupful dry lima beans six or eight hours. Mash and put through a sieve. Put one teaspoonful flour and one teaspoonful butter in sauce pan, rub smooth, add one cupful beef stock, salt, and half cupful sweet cream, bring to good boil. Add the mashed beans, and serve hot with a slice of lemon in each plate of soup.—Miss Charlotte Wickstrom, Hartford, Conn.

RED BEAN SOUP.

Take one cupful of kidney beans, a small onion and a stalk of celery. Add cold water and simmer until the beans are ten-

der, then strain through potato press. Add to the puree a tablespoonful of butter, cupful of water, two cupfuls of milk and salt and pepper. Cook twenty minutes.

BEEF BROTH.

Put soup bone in granite lined covered kettle, add cold water enough to cover. Boil slowly until meat leaves the bones. Remove from fire, strain. When cool remove fat, cut off slice of the jelly, re-heat, season with salt. Serve hot in bouillon cups, or any desired way.—Mrs. Grosse, Albuquerque, N. M.

BEEF SOUP.

Put a shank of beef in cold water sufficient to cover, let come to a boil, skim, set back and simmer all day, strain and let stand over night; skim fat off the top. This gives plain stock from which a variety of soups may be made, by adding vegetables, barley, rice, sago, etc., and seasoning to taste.—Mrs. J. R. Treat, Flagstaff, Ariz.

GOOD BOUILLON.

Eight pounds brisket beef cooked all day. When cool skim, strain, heat and add one bay leaf and a little onion, two cloves, one pint strained tomatoes, pepper, salt and two quarts of chicken stock.—Miss Behringer, Adrian, Mich.

CROUTONS.

Cut stale bread into half-inch cubes, butter and brown in oven and serve with any soup.

IMPERIAL STICKS FOR SOUPS.

Cut stale bread in one-third inch slices, remove crusts, spread thinly with butter, and cut slices in one-third inch strips; put in pan and brown in oven.—Manistee Public School, Manistee, Mich.

CHICKEN BOUILLON.

Cut up chicken. Put on fire in cold water. Boil slowly until meat falls from bones. Remove from the fire, strain and cool. Take fat off the top and re-heat, seasoning with salt. Serve hot in cups.—Mrs. Dermont, Williams, Ariz.

JELLIED BOUILLON.

Take three knuckle joints of beef which have been well cracked open, cover with cold water, salt, and boil until there are about two quarts of liquor, adding a handful of parsley half an hour before it is done. Strain and pour in moulds. It

is nice served in individual moulds, but can be served from one large mould. Set on ice until thoroughly chilled, when it will be firm. This is especially nice in hot weather served with salted wafers.—Mrs. Bertha S. Kennedy, Flagstaff, Ariz.

CELERY BROTH.

Take four or five heads of celery, wash them, and cut them up into lengths. Place them in a saucepan of cold water to which has been added seasoning of salt, grated nutmeg, pepper, and a little sugar. Add three potatoes cut in slices, and boil until the celery is tender. Strain, and return to the saucepan, add one pint of cream, one tablespoonful of butter, and allow to boil up again. Serve hot or jellied.

CREAM OF CELERY SOUP.

Three cups celery cut in one-half inch pieces, one pint boiling water, one slice onion, three tablespoons butter, one-half teaspoon salt, a little pepper, one-half cup milk and four tablespoons flour. Make same as cream potato soup.—Boston Cooking School.

CREAM OF CELERY SOUP.

Cut one bunch celery and one large onion in small pieces. Cook until tender, put through a potato press, add as much milk as you care to have soup. Thicken with flour. Season with salt. pepper and butter.—Mrs. G. H. Barney, Williams, Ariz.

CREAM CELERY SOUP.

Put in soup pot on fire two cupfuls chopped celery, two cupfuls beef stock. While above is cooking, place in a sauce pan on fire one tablespoonful flour, one tablespoonful butter. Brown nicely and pour the strained celery mixture into this. Serve hot, with spoonful whipped cream on top of each dish.—Miss Charlotte Wickstrom, Hartford, Conn.

CHICKEN BROTH.

Take nice chicken, cut up, remove all fat, boil slowly until meat falls from bones. Strain, season and add little boiled rice. Serve hot.

CHICKEN CREAM SOUP.

Cover a chicken with cold water in which put a bay leaf, a sprig of parsley, and a root of celery. Boil until meat drops from the bone, then remove and strain. Stand the liquor in a cool place, when the grease forms on the top remove it. A

strong jelly should form if the chicken has been sufficiently cooked. Measure the jelly and for each pint allow a pint of cream. Put each in a separate dish to boil. Mix together one even tablespoonful of flour and the same of butter. Rub smooth and add to it a very little nutmeg and half a teaspoonful of onion juice. When the cream is boiling pour it into the boiling chicken jelly and quickly add the creamed butter and flour. Let boil for two or three minutes, then serve hot.—Mrs. W. F. Baker, Manistee, Mich.

CHICKEN SOUP.

Slice all of best light and dark meat from cold roast fowl, leaving only wings and carcass, with skin removed from meat as well. Break bones, put them into the soup kettle with two quarts of cold water and the uncooked neck and wings, scalded and cleaned. Cut one pound lean veal in dice, dust with flour and pepper, and brown in two tablespoonfuls finely chopped bacon, add one cup hot water, simmer for a few minutes, cool, and pour into the soup kettle. Cook slowly for one hour then add one bay leaf, one slice onion, on stalk celery; cook half an hour longer, strain and cool. Remove fat, cook, and reduce stock one-fourth. Mix together in a saucepan two tablespoonfuls corn starch, one and one-half teaspoonfuls salt, one-fourth teaspoonful pepper, one tablespoonful flour, and two tablespoonfuls butter. Add gradually one pint hot stock and cook until smoothly thickened, then add one and one-half cups hot stock, mix well and add yolks of two eggs beaten and diluted with one cup of cream. Do not boil after egg is added, but keep hot until egg has thickened. Serve in bouillon cups, with or without a spoonful of whipped cream on top of each.

CHILI SOUP.

Put half pound of butter in kettle. When hot, add three pounds hamburger steak and sear thoroughly, then add three quarts soup beans that have been cooked until tender. Season with salt, pepper and chili peppers. Add boiling water. Cook thoroughly. Strain and serve very hot.—Mrs. Sam Degering, Santa Fe System, Williams, Ariz.

CLAM CHOWDER.

Two quarts cold water, four potatoes, one onion, one turnip, one carrot, one tomato, one-half cup of cabbage, one can of clams (all chopped), butter size of an egg, salt, pepper to taste. Cook slowly four hours, add one cup cream just before serving. —Mrs. Watts S. Humphrey, Saginaw, Mich.

PUREE OF CLAM.

Take one cup of Burnham's clam bouillon, one cup of milk and one of cream; heat to the boiling point in double boiler, strain into one well beaten egg, stirring until well blended.—Mrs. N. C. Blacker, Manistee, Mich.

CLEAR SOUP.

Brown in kettle two tablespoonfuls butter, cut in small pieces, two pounds of lean beef and two pounds of veal from the knuckle. Stir the meat in the brown butter over the fire, very hot, until all is nicely browned, then cover closely and stew gently one-half hour; add two quarts of cold water to this and let the whole simmer for four hours. Add one onion, one carrot, one stalk celery, a bay leaf and sprig of parsley to this stock and cook very slowly for one hour longer. Strain through a hair sieve or cloth. When cold, remove the fat from the top. Let the stock come to a boil, add salt and pepper to taste, and the beaten white and shell of one egg mixed in a cup of cold water. Boil again hard for ten minutes, throw in another cup of cold water; let the soup boil again for five minutes and serve hot in cups.—Mrs. W. R. Thorsen, Berkeley, Calif.

CONSOMME.

Consomme should be strained until very, very clear. Salt and stir thoroughly. When cool the fat must be removed from the top. If it is to be served as jelly, or iced, it must be heated enough to mould. It is served hot, also, as a liquid.

CONSOMME MONTMORENCY.

Wipe a four-pound knuckle of veal, remove meat from bone and cut in small pieces. Cook two stalks of celery broken in pieces, eight slices of carrot, one (medium sized) onion sliced, two sprigs each of parsley and thyme, and a bit of bay-leaf, in two tablespoonfuls of butter six minutes. Put meat bone and vegetables into a soup-kettle and add three quarts of cold water. Clean and truss a four-pound fowl, put in kettle and place kettle on the range; cover and cook until fowl is tender, when it should be removed and the stock allowed to cook two hours longer, then strain and cool; remove fat, and clear, by using the white and shell of one egg to each quart of stock. Soak one-fourth of a cupful of pearl tapioca overnight in cold water to cover; drain and cook in boiling water until transparent, drain again and allow cold water to run through strainer in which tapioca was drained to separate the globules; add to cleared soup with one-fourth cupful pieces cut from breast meat of fowl. Add salt to taste; reheat and serve.

CHICKEN CONSOMME.

Boil a well scalded and cleaned fowl. Add to the liquor, a blade of mace, or celery, and a small onion if desired. Boil until the meat separates from the bones. Strain, salt, and place to cool. Remove fat. Serve hot or as jelly.—Mrs. Wm. F. Dermont, Williams, Ariz.

CONSOMME OF MUTTON.

Place twelve mutton shanks, one pound of lean beef, and an onion, with four quarts of water in an iron kettle, and allow to simmer four to six hours. Strain off. Salt to taste. When cool, place on ice to harden and serve iced. Or, serve hot.

VEAL CONSOMME.

Take a knuckle of veal, a fowl, four mutton shank bones, three blades of mace or celery, a few pepper corns, an onion, and boil in three quarts of water. When it boils up, skim until the scum ceases to rise. Cover the vessel, and allow to simmer four to six hours. Salt, cool, and serve iced or hot. —Contributed, Williams, Ariz.

CREAM OF CORN SOUP.

One can corn, two tablespoons flour, two tablespoons butter, one slice onion, a little pepper, one pint hot milk, one pint water and two teaspoons salt. Chop corn, add water and simmer twenty minutes. Follow directions for potato soup.—Boston Cooking School.

CREAM OF CORN SOUP.

Chop one can corn fine. Cook slowly for half an hour in one quart white stock (veal or chicken), add a slice of onion and a few stalks celery. Strain and rub corn through a sieve. Return to the fire with one pint cream, and one tablespoon of flour cooked in one of butter; season to taste, and just before serving add the well beaten yolks of two eggs. The soup should not be very thick, but the flour is needed to make it smooth and to prevent the corn pulp from sinking to the bottom.—Mrs. Gardner, Manistee, Mich.

CROUTONS.

Cut rather thick slices of stale bread, spread liberally with butter, lay in the tin in which you are to brown them, and then (after removing the crusts) cut across each way, making the bread into cubes. Brown in the oven until crisp. Serve hot with soup.—Mrs. A. O. Wheeler, Manistee, Mich.

CREAM CORN SOUP.

One can corn, medium sized onion, two cupfuls sweet milk. Boil two hours or more slowly. Mash and strain. Put in sauce pan one tablespoonful flour and one tablespoonful butter. Rub smooth, add cupful beef stock, boil twenty minutes and add mashed and strained corn. Serve hot with teaspoonful whipped cream on each plate.—Miss Charlotte Wickstrom, Hartford, Conn.

CREAM OF CORN SOUP.

Rub one can of corn through a sieve into a saucepan, add two cups boiling water, on teaspoonful salt, one-fourth teaspoonful celery salt, few drops onion juice, and white pepper to taste. Blend together in a saucepan two and one-half tablespoonfuls corn starch with three level tablespoonfuls of butter, gradually add two cups cold milk and cook thoroughly until smoothly thickened, then add to the corn pulp and cook together for five minutes, stirring constantly from the bottom so that it does not adhere to the saucepan. Just before serving add one cup of beaten cream. Serve at once with crisp wafers.

CORN SOUP.

One dozen ears corn and scrape. Boil corn and cobs in enough water to cover, for ten minutes. Strain and to one quart of this water add slowly one quart cream. Season and cook fifteen minutes. Thicken with one tablespoon each butter and flour rubbed together.—Mrs. W. W. Bass, Grand Canyon, Ariz.

CREAM OF ONION SOUP.

Slice two large onions and fry until lightly browned in three tablespoonfuls butter, then add one-fourth cup of corn starch, one tablespoonful flour, one teaspoonful salt, and one-fourth teaspoonful white pepper. Stir until slightly browned, but do not allow to burn. Pour in gradually two cups boiling water and cook until smooth. Keep hot. Scald one quart of milk, pour it gradually on to one cup smoothly mashed potatoes. Combine the mixture. Simmer and stir for a few minutes, add one cup croutons, cover, and let stand a moment before serving.

A NUTRITIOUS COTTAGE SOUP.

One-half pound neck of mutton, one cupful of rice, one carrot, one turnip, two and one-half quarts of water or stock, two large onions, one tablespoonful of drippings, one teaspoon-

ful of sugar, salt and pepper. Put into a dry, clean saucepan a tablespoonful of sweet drippings, or fat of some kind; let it get quite hot. Cut up the mutton into small square pieces; put them and the bones into the saucepan with the fat and fry, turning them with a spoon. Cut up the carrot and turnip into small square pieces the size of peas, and add them to to the meat; then the onions, washed and cut small. Keep turning all over with the spoon; then add the rice, well washed, a teaspoonful of sugar and a teaspoonful of salt. Let the whole be turned about in the pot with the spoon for more than five minutes; then add two quarts and a half of water. Put on the lid, bring it to a boil, and boil slowly for a little more than an hour. Add pepper and salt and it is ready to serve.

LENT SOUP.

Peel and chop up fine a few small white onions, put them into a large saucepan with one heaping tablespoonful of butter, and allow to heat thoroughly with the lid on, but do not brown. Wash two cupfuls of lentils well, add them to the saucepan, covering with three pints of water, and a pinch of salt and pepper. Allow to simmer gently for two and a half hours, then rub them through a sieve, and return to the saucepan. When it boils up again add some green onions cut fine, a grated turnip and carrot, and boil for half an hour longer. Add a tablespoonful of finely chopped parsley a few minutes before serving, and send to the table with plenty of toasted bread, cut into neat, small squares.—Contributed.

MUTTON SOUP.

Put three pounds neck of mutton into two quarts cold water, with small onion and little turnip. Boil slowly until meat falls from bones. Strain and season. Add little cooked rice or vermicelli. Serve hot with chopped parsley on top of each plate or cup.

MUTTON SOUP.

Cut in squares a pound of lean mutton, and brown in saucepan with a little fat, and chopped onion. Moisten with three pints of stock, and season with pepper and salt. Add chopped celery. Boil one-half an hour. Strain and add two tablespoonfuls cooked barley. Serve hot.

ONION SOUP.

Brown two onions in a saucepan with one tablespoonful butter, stir in a little flour, and moisten with one and one-half

pints white broth. Season with salt and pepper to taste and cook for ten minutes. Place small square of toasted bread in a bowl, cover them with fine slices of Swiss cheese, pour hot broth over them, add a few more slices of cheese on top, and put in the oven for five minutes before serving.—Contributed.

CREAM OYSTER SOUP.

Drain one can oysters, retaining the liquor. Put in the double boiler: two quarts rich sweet milk, one tablespoonful butter, one-half cupful fine cracker crumbs, salt to taste. Pour in the oyster juice, and get scalding hot. Add the oysters about five minutes before serving.—Mrs. Dermont, Williams, Ariz.

OYSTER STEW.

Oysters scalded in their own liquor, taken out, liquor skimmed and poured back to the oysters; milk brought to a boil, add butter, little red pepper, oysters and liquor poured in dish. Served with oyster crackers.—Contributed.

CREAM OF PEA SOUP.

One quart can green peas, one medium sized onion with butter size of an egg, cook slowly two hours; mash and strain. To this add two cups beef stock and simmer fifteen minutes. Season and serve with thin slice of lemon in each plate.—Contributed.

PEANUT SOUP.

To any rich milk or cream soup, add chopped peanuts.

SPLIT PEA SOUP.

One cupful dry split peas, two quarts boiling water, one-fourth pound salt pork. Boil three hours slowly. Remove and mash, add butter and seasoning. Serve hot with teaspoon whipped cream on each plate. Or chopped parsley is good as well as pretty.—Miss Charlotte Wickstrom, Hartford, Conn.

SPLIT PEA SOUP.

One cupful of dried split peas, eight cupfuls of cold water, two cupfuls of milk, two tablespoonfuls of butter, two tablespoonfuls of flour, one small onion, salt pork, salt and pepper. Pick over the peas, wash them, then soak in plenty of cold water over night. In the morning pour off the water and put the peas in a kettle with two quarts of cold water, a two-inch cube of salt pork, and the onion sliced. Cook slowly until the peas have become very soft, stirring frequently from the bottom

to prevent burning. It will probably require four or five hours to cook them properly. When they are done rub them through a sieve. Return to the kettle and let them boil again. Beat the butter and flour to a cream, and after thinning it with a little of the boiling soup stir the mixture into the soup. Season with salt and peper. Add the milk, and, when the soup boils up, serve.

POTATO SOUP.

Peel and boil until soft six good sized potatoes. Drain and mash them, add two small onions grated, two cups of white sauce well seasoned with salt and paprika, and four cups of scalded milk. Let soup boil up once. One cup of cream and two teaspoonfuls of chopped parsley may be added. This recipe makes eight plates of soup.—Mrs. T. J. Ramsdell, Manistee, Mich.

POTATO SOUP.

Pare and boil two pounds of potatoes in the ordinary way. Peel and shred finely two good-sized onions, and simmer slowly in a little water. When the potatoes and onions are cooked rub them through a sieve, and mix smoothly with milk to the consistency of cream, adding two heaping tablespoonfuls of butter; pepper and salt to taste. Place a scrupulously clean saucepan on the fire, with two quarts of milk. Bring it to a boil, stir in the potatoes slowly and smoothly, allowing it to boil for fifteen or twenty minutes. If flavoring is liked, a little finely chopped parsley or mint may be added a few minutes before serving. This is an economical and nutritious soup for children.—Contributed.

CREAM POTATO SOUP.

Put in double boiler and simmer, two quarts rich sweet milk, one tablespoonful butter, one good sized onion sliced, three or four slices salt pork. Fifteen minutes before serving, skim out the pork and onion. Add six tablespoonfuls mashed and seasoned potatoes. Serve individually with chopped parsley on top of each plate.—Mrs. Dermont, Williams, Ariz.

CREAM OF POTATO SOUP.

Cook three potatoes, rub through strainer, scald one quart milk with two slices onion, remove onion, add milk to potatoes. Cream three tablespoons butter, two tablespoons flour, a little pepper, one-fourth teaspoon celery salt, one and one-half teaspoons salt, chopped parsley and cayenne; add to soup, cook fifteen minutes.—Boston Cooking School.

RICE SOUP.

Put four tablespoons rice in one pint boiling water (salted). Cook until tender, add butter and pepper and the white of one egg. Beat the yolk with one-half cup milk, add to the soup and stir constantly to prevent curdling.—Mrs. Parker, Los Angeles, Calif.

SCOTCH BROTH.

Put two quarts of water in a saucepan, add quarter pound of pearl barley, which has been well washed in several waters. Take two medium-sized turnips, wash and pare them, and cut them into dice, three carrots which have been washed and scraped and also cut into dice, add these to the broth, with two sliced onions, and one can of green peas or fresh ones when they are in season. The broth must simmer for three hours, and ten minutes before serving, add two tablespoonfuls finely chopped parsley, three tablespoonfuls of butter and salt to taste.—Contributed.

CREAM OF SPINACH SOUP.

Pick, wash and boil enough spinach to measure a pint when cooked, chopped and pounded into a soft paste. Put into stew-pan with four tablespoonfuls butter, a little grated nutmeg and salt. Cook and stir about twenty minutes. Add to this two quarts strong stock. Let it boil up and rub through a sieve. Set it over the fire again and when on the point of boiling mix in tablespoonful butter. Serve hot with chopped hard boiled eggs in each plate.—Mrs. M. S. Carpenter, Hackensack, N. J.

SPINACH SOUP.

Put large quart spinach in hot kettle; toss to keep from burning until soft; add two tablespoons chopped onion and one qaurt milk. Cook slowly fifteen minutes, then add two table-spoons butter and thicken with two tablespoons flour. Salt and pepper to taste.—Mrs. N. J. Hudson, Los Angeles, Calif.

TOMATO SOUPS.

One can of tomatoes or eight large fresh ones, two carrots, one turnip, two onions, one quart of water, one cupful of milk, one tablespoonful flour, two tablespoonfuls butter, two blades of mace, one bay leaf, one teaspoonful salt, half teaspoonful whole white peppers. Put the butter into the soup pot, add the vegetables cut into small pieces and fry them for ten minutes; they must not be browned. Add the flour, water, tomatoes, mace, bay leaf, whole peppers and salt. Simmer gently for one hour then rub them through a sieve. Return to the pot, add the milk, season and serve.—Contributed.

TOMATO BISQUE.

One can of tomatoes, half can onion, some sprigs of parsley, salt, pepper, one tablespoon butter; let it boil fifteen minutes, add one-half teaspoon soda. When it stops foaming add one quart of hot milk, strain and thicken slightly, then strain hot into hot cups in which a tablespoon of whipped cream has been put.

CLEAR TOMATO SOUP.

One can tomatoes, two teaspoons sugar, one slice onion, four cloves, two tablespoons butter, one bay leaf, three tablespoons flour, twelve pepper corns, one-eighth teaspoon soda, one pint water, one teaspoon salt and a little cayenne. Cook first six ingredients twenty minutes. Strain, add rest, boil and strain.—Boston Cooking School.

CREAM TOMATO SOUP.

One can tomatoes, strain, bring to a boil, add salt, pepper and level teaspoon of soda and one teaspoon sugar; then add one quart rich milk and butter size of an egg. Let come to a boil.—Mrs. J. R. Treat, Flagstaff, Ariz.

CREAM OF TOMATO SOUP.

One-half can tomatoes, two teaspoons sugar, one-fourth teaspoon soda, one quart milk, one slice onion, four tablespoons flour, one-eighth teaspoon pepper, four tablespoons butter and one teaspoon salt. Scald milk with onions, remove onions, make a white sauce of milk, butter, flour and seasoning. Cook tomatoes with sugar fifteen minutes, add soda. Rub thorugh sieve; combine mixture and strain.—Boston Cooking School.

CREAM TOMATO SOUP.

One-half can tomatoes, butter and onion size of an egg; simmer on back of range for two hours. Put in saucepan one tablespoonful flour, one tablespoonful butter. When browned nicely add one cube sugar, one cupful beef stock. Let come to a boil and add one cupful sweet milk. Season to taste. Put ingredients together just before serving. Serve hot with chopped parsley or water cress, and one teasponful whipped cream on top of each plate.—Miss Charlotte Wickstrom, Hartford, Conn.

CREAM TOMATO SOUP.

One quart tomatoes, one quart milk with a little cream, one pint water, one-third teaspoon soda, one spoon flour. Run tomatoes through sieve and boil in a granite dish, season with salt and pepper and small piece of butter. Rub butter and

flour together, add to milk. When tomatoes boil add the soda, then when milk has come to a boil, turn the tomatoes and milk together and serve hot.—Mrs. F. O. Polson, Williams, Ariz.

ITALIAN TOMATO SOUP.

This is one of the most delicious soups I have ever eaten, and I have never seen this recipe in print. It is a very economical and good emergency soup, as it can be prepared in half an hour. One onion fried in butter (do not let it brown), two cans of tomatoes and one quart of water. Add the onion to the tomatoes and let boil twenty minutes. Strain through a colander, set back on stove, and add one heaping tablespoon of cornstarch dissolved in water, one dozen cloves, salt and sugar to taste. Let boil five minutes, then add one tablespoon of Worcestershire sauce.—Mrs. McLarty, Manistee, Mich.

TURKEY BONE SOUP.

Cut up the frame of turkey with little stuffing. Put in cold water in soup kettle and slowly cook for three hours. One hour before serving, strain, and add boiled rice. Season to taste.—Mrs. Dermont, Williams, Ariz.

VEAL SOUP.

Put knuckle of veal in four quarts of cold water with one onion and two stalks celery. Boil slowly until meat is done. Strain; season to taste. Add about two tablespoonfuls cooked rice. Serve hot, with croutons added last.

VEAL SOUP.

Put a knuckle of veal into three quarts cold water. Boil slowly; when liquor is reduced half, remove from fire. Into the tureen put the yolk of one egg. Stir well into it one teacupful of sweet cream; add piece of butter the size of hickory nut, on this, strain the soup, boiling hot, stirring all the time. Serve hot with chopped parsley.

VEGETABLE CONSOMME.

Cut two pounds of lean veal into small pieces, adding half a pound of lean ham, and a small chicken. Place in a deep iron kettle with one ounce of butter, three onions, two carrots, eight large mushrooms, one celery stalk, one parsnip, a blade of mace, and a pint of cold water; let it stew till it catches at the bottom and is quite brown, but not burnt, then add four quarts of water. Boil gently for four hours or more, or till the meat separates from the bones. Salt, strain thoroughly and cool. Remove

fat. This will make enough for more than one meal and can be served once cold and once hot.—Mrs. M. S. Carpenter, Hackensack, N. J.

VEGETABLE SOUP.

Wash and scrape a small carrot, and cut in quarters lengthwise; cut quarters in thirds lengthwise, and cut strips thus made in slices crosswise. Wash and pare half a turnip, and cut and slice same as carrot. Wash, pare and cut potatoes in small pieces. Wash and scrape celery, and cut in one-fourth inch pieces. After the vegetables have been prepared measure, taking one-third of a cupful of carrot, one-third cupful of turnip, one-half cupful of celery and one and one-half cupfuls potato. Cut half an onion in thin slices. Mix vegetables, except potatoes, and cook ten minutes in four tablespoonfuls of butter, stirring constantly. Add potatoes, cover, and cook two minutes; add four cupfuls of water, bring to the boiling point, and simmer one hour. Beat with a fork or a spoon so as to break vegetables. Add one tablespoonful of butter, one-half tablespoon of finely chopped parsley, season with salt and pepper.—Mrs. E. Pallett, Williams, Ariz.

VEGETABLE SOUP.

Boil a small shank of beef for two or three hours; then strain and return to the pot. Shred one carrot in long pieces, cut two onions and two or three stalks of celery, one turnip and two tomatoes. Season to taste with pepper and salt.—Mrs. E. Pallett, Williams, Ariz.

VEGETABLES

Captivated by order of the kitchen.

Vegetables are the most useful accessory to our daily food and their cooking should receive attention. It is considered a simple thing to boil a pot of potatoes, yet their palatableness depend largely on the way it is done. Nearly all vegetables are much better put in boiling water, as the fine flavor is thus retained. Care should be taken not to overcook them, and should be served immediately. Potatoes should be pared very thin as the most nutritious part is next to the skin. Some vegetables, as onions, cabbage, carrots and turnips, should be cooked in a great deal of water and when done immediately drained.

A SUGGESTION AS TO VEGETABLES.

Not more than two kinds of vegetables should be served with a course. Lamb finds its appropriate accompaniment in potatoes, peas, spinach or asparagus. Roast mutton calls for salsify, spinach, turnip, cauliflower or potatoes. Roast goose demands onions creamed, prune or chestnut stuffing or souffles, Hubbard squash, and apple sauce, of course. Roast beef affiliates with carrots, cauliflower, onions, squash or string-beans. With fresh pork, apple sauce seems necessary.

ARTICHOKES.

Boil in salted water, completely covered, until tender. Keep hot. Serve individually with

Hollandaise Sauce.

One-half cup of butter, yolks of two eggs, juice of one-half lemon, one teaspoon salt, one-fourth saltspoon cayenne pepper, one cup boiling water. Rub the butter to a cream in a warm bowl with a wooden or silver spoon. Add the yolks one at a time and beat fast and well, then salt and pepper and one heaping teaspoon of sifted flour. About five minutes before serving add the boiling water. Place the bowl in a sauce pan of boiling water and stir rapidly until it thickens like boiled custard. Add the lemon juice with the water.—Mrs. A. D. Wheeler, Manistee, Mich.

ARTICHOKES HEARTS.

Heat the contents of one bottle or can of artichoke hearts, season with butter, pepper and salt. Cook until juice has

nearly gone. Serve hot on buttered toast, with Hollandaise sauce made as follows: Place in a saucepan on range, one chopped onion, three small chopped peppers, one bay leaf, two tablespoonfuls flour, two tablespoonfuls butter; moisten with one and one-half pints chicken or beef stock. Mix well. Add one-half teaspoonful grated horseradish, one-half teaspoonful salt. Cook twenty-five minutes or more; strain. Beat yolks three eggs with juice of medium sized lemon. Then pour gradually into the sauce, being careful not to boil it again, after they have been added. Serve hot around the artichoke hearts, with about five on each plate on toast.—Mrs. Wm. F. Dermont, Williams, Ariz.

ASPARAGUS.

Boil in salted water until tender. Sauce: Have in a saucepan on the range, one tablespoonful butter, one small green pepper chopped, one onion chopped. Simmer for three minutes without browning, then add heaping taspoonful flour, continually mix while cooking for three minutes; then add six peeled chopped tomatoes, also a teacupful of beef stock. Season with salt and just one drop of tabasco sauce. Cook slowly for thirty minutes. Put through a sieve and serve hot, over boiled asparagus.—Mrs. Wm. F. Dermont, Williams, Ariz.

BAKED BEANS.

Boil one quart of white beans four hours in high altitude, drain and put in bean jar; add salt, one tablespoon of cooking molasses, one teaspoon of ground chili, one small onion and lay slices of salt pork on top of beans, add water to cover them and bake five hours in slow oven.—Mrs. A. Willson, Williams, Ariz.

BAKED BEANS.

Parboil one pint beans ten minutes in water with a little soda. Drain, wash in cold water. Put in baking dish with one-half pound salt pork, one tablespoon New Orleans molasses, one-half teaspoon black pepper and two quarts cold water. Bake nine hours.—Mrs. Montgomery, Williams, Ariz.

BOSTON BAKED BEANS.

Soak one quart small white beans in cold water over night, drain; add fresh water and simmer till soft but not broken; skim beans into pan with cover, add one-half pound salt pork cut in dice; mix one level teaspoon each of salt, brown sugar, mustard, and two tablespoons molasses; fill cup with boiling

water, pour over beans; add enough water to nearly fill pot. As water boils out add more till nearly done, then let cook dry. —Mrs. J. R. Treat, Flagstaff, Ariz.

TOMATO BAKED BEANS.

Soak one pint beans over night, add one-fourth pound salt pork, one-half can tomatoes, one tablespoon salt, two tablespoons sugar, and one level teaspoon mustard; cover with water, adding hot water as it boils down. Bake.—Mrs. H. F. Adams, Williams, Ariz.

YANKEE BAKED PORK AND BEANS.

One cup of beans, one quart of cold water and a piece of soda as large as a bean. Put over the fire until the water commences to boil well, then drain off. Return beans to the fire with boiling water on them and add a piece of fat salt pork about four inches square. Let them boil gently until the beans are very nearly done enough to eat, keeping plenty of liquor on them to last while baking. Now season the beans with one even teaspoonful of ginger, one teaspoon of sugar and two teaspoons of tomato catsup, white pepper and salt. Score the rind of the pork and place the piece in the center of your baking dish, pouring the beans around it, but not over the top. Have the rind of the pork on top. Bake until the rind is crisp, which will probably be about three-fourths of an hour. This is enough for four people.—Mrs. A. O. Wheeler, Manistee, Mich.

FRIED BEANS.

Boil one quart pink beans all day. Just before serving heat one tablespoon lard in pan till smoking hot, add beans with as little of the water as possible. Mash and add salt and green chili to taste and water beans were cooked in.—Mrs. Eva Wheeler, Flagstaff, Ariz.

BEAN LOAF.

Two cups cooked beans, one egg well beaten, two tablespoons peanut butter in equal amount of milk, one teaspoon each sage and chopped onion. Thicken with bread crumbs, and pepepr to taste. Bake till thick enough to slice when cold. —Mrs. Bennett, Warren, Ind.

BEETS.

Cook medium small beets tender. Remove jackets when warm. Slice thin into a sauce made of hot vinegar, butter size of an egg, little salt and pepper. Serve hot. If there are

more beets than needed, slice into warm good vinegar and set away for cold pickled beets.—Mrs. Wm. F. Dermont, Williams, Ariz.

YALE BEETS.

Cook beets in salt water until tender, cut in dice and serve in the following dressing: One tablespoon corn starch, one-half cup sugar, one teaspoon salt, one teaspoon mustard, a dash of pepper, moisten with a little cold water, add one cup weak vinegar, cook till it thickens; if too thick, thin with water, add one tablespoon butter and the beets. Let stand one-half hour in warm place. Serve hot.—Mrs. C. F. Philbrook, Bisbee, Ariz.

CAROMELED CARROTS.

Cut one or two large carrots into thin pieces about one inch long, put them in saucepan, sprinkle them well with sugar and place one tablespoon butter on top. Pour on enough water to just cover, let simmer until all but about one tablespoon of this has boiled away by which time they will be soft. Then sift a little flour over them and stir it through them until the water is absorbed. A nice sweet to serve with meat, or, as a luncheon dish.—Mrs. Thomas Maddock, Williams, Ariz.

CREAM CABBAGE.

One cup of milk, butter size of a walnut, one egg, three tablespoonfuls vinegar, teaspoonful dry mustard; pepper and salt to taste. Chop raw cabbage fine; cook sauce (except vinegar, have that cold) and pour over cabbage.—Miss Katherine Anderson, Williams, Ariz.

CAULIFLOWER.

Put in kettle, keep covered with salt boiling water. Cook until tender. Set in hot oven to brown top. Dressing: In a saucepan put two tablespoonfuls butter and two tablespoonfuls flour, rub smooth, add one pint sweet milk, little salt, cook till little thick and serve hot around the cauliflower.—Miss Charlotte Wickstrom, Hartford, Conn.

He used to send her roses;
He sent them every hour,
But now they're married and he sends
Her home a cauliflower.

BAKED GREEN CORN.

Grate one dozen ears green corn, add one cup milk, salt and a little butter. Bake one hour.—Mrs. Geo. A. Cole, Middletown, Conn.

BAKED SWEET CORN.

Take five good sized ears of sweet corn, cut the kernels and scrape, two eggs well beaten, butter half the size of an egg, tablespoonful of flour mixed with a little milk, and one pint of milk, salt to taste. Put in oven and bake one-half hour.—Mrs. R. G. Peters, Manistee, Mich.

FRIED GREEN CORN AND PEPPERS.

Cut the corn finely from six ears of corn, slice the outside finely of one green pepper. Have your frying pan hot. Put in a piece of butter nearly the size of an egg ,and your corn and pepper imemdiately, add salt and fry quickly.—Contributed.

BAKED CUCUMBERS.

Cut cucumbers lengthwise. Scoop out center, To two cucumbers add two tomatoes, two small onions, two stalks celery and a few drops tobasco sauce. Cook until thick. Put in cucumber shells; sprinkle with bread crumbs and piece of butter. Bake one-half hour.—Mrs. Bernice Smith, Grand Canyon, Ariz.

FRIED CUCUMBERS.

Take four medium sized cucumbers, chop fine in chopping bowl. Add one-half cup flour with teaspoonful of baking powder, sifted well together, and a little water to make batter. Fry as fritters in hot butter, or in hot fat.—Mrs. W. B. Back, Montizumas Well, Ariz.

DANDELION.

Select, wash and dry, nice young dandelions. Put in pot of boiling salt water, with piece of salt pork. Cook until tender, drain, and serve hot with vinegar or any desired sauce.—Mrs. Martin Buggeln, Williams, Ariz.

BAKED EGG PLANT.

Parboil one egg plant until tender. Scrape out inside. Heat two tablespoons butter and in it brown one-fourth of an onion chopped fine. Mash pulp of egg plant and mix with two tablespoons bread crumbs and yolk of one egg, salt and pepper. Fry mixture in butter and onion. Replace in the egg plant, cover with cracker crumbs and bake. Baste often.—Mrs. Geo. Barney, Williams, Ariz.

TO COOK EGG PLANT.

Boil one medium sized plant whole for one-half hour in hot water, with a little vinegar. Put through a colander, then

add to it two eggs beaten light, one-half cup of flour, and salt and pepper to taste. Mix lightly and shape in small flat cakes and fry quickly in hot butter.—Mrs. Leon Walters, Manistee, Mich.

STUFFED MANGOES.

One pound mangoes, one pound hamburger steak, one-half pound cheese, two large or three small tomatoes, two or three crackers, one onion, one small chili, salt to taste. Remove seeds and veins from mangoes, stuff and bake.—Contributed.

LEFTOVERS, SPANISH.

Take cold roast left over from dinner, cut fine; place in pan and fry brown, cut onion and chili pod and put with the meat, then add tomatoes and spaghetti and a little water, and let it boil one-half hour.—Mrs. A. Willson, Williams, Ariz.

MACARONI AND CHEESE.

Cook macaroni in water in double boiler for about one hour. Grate dry cheese. Put a layer of cooked macaroni on bottom of bake dish, then a layer of grated cheese. Over this pour milk in which an egg has been beaten. Fill the dish with alternate layers of cheese and macaroni with needed moisture, and when filled put seasoned cracker crumbs on the top, with moisture and pieces of butter. Bake and serve hot.—Mrs. Wm. F. Dermont, Williams, Ariz.

MUSHROOMS.

Wash and dry mushrooms; roll in beaten egg and cracker crumbs, seasoned with pepper and salt. Fry in equal parts of butter and lard, to a delicate brown. Serve crusp and hot.—Mrs. Jas. L. Wade, Williams, Ariz.

MUSHROOMS AND BEEFSTEAK.

Small T-bone steak, one can mushrooms. Drain the liquor from the mushrooms and put them in a frying pan with a little butter. Add pepper and salt. When they are slightly browned draw them to one side of the pan, put into the pan a heaping teaspoon of flour and rub it smooth in the hot butter. When the flour becomes brown, pour in the mushroom liquid and a little water. Stir the mushrooms with the mixture and let all boil; squeeze in the juice of a lemon and pour over the steak. —Mrs. Wm. Hayward, Los Angeles, Calif.

MUSHROOMS FOR BEEFSTEAK.

One can mushrooms cooked in own liquid with butter, pepper and salt, about ten minutes. Put in sauce pan one tablespoonful each flour and butter; brown nicely, add one-half cupful beef stock, and the juice with the mushrooms and one-half cupful rich cream. Boil up good, season with pepper and salt, a little Worcestershire sauce. Serve hot around a hot steak. Garnish with parsley.—Miss Esther Hanson, Hartford, Conn.

MUSHROOM SAUCE FOR BEEFSTEAK.

Take one can of mushrooms, and if large cut them up a little. Place in a skillet with one tablespoonful of butter. Let fry to a light brown. Add one and one-half cups of soup stock, if you have it, if not, use hot water, and three tablespoons of tomato catsup, salt and pepper to taste. Thicken a very little with flour. Let boil up thoroughly and serve.—Mrs. J. D. Munson, Manistee, Mich.

SILVER-SKINNED ONIONS IN CREAM.

Remove skins from one quart of silver-skinned onions. Put in a saucepan, cover with boiling water; add one-half tablespoonful of salt and boil for five minutes, then drain. Again cover with boiling salted water and cook until soft, but not broken, and drain thoroughly. Melt three tablespoonful of butter, add three tablespoonfuls of flour and pour on gradually one cupful of scalded milk and one-half cupful of cream. Add onions to sauce and let stand twenty minutes. Season to taste with salt and pepper.—Contributed, Williams, Ariz.

CREAMED ONIONS.

Select medium small even sized white onions. Cook in boiling salt water until nearly done; drain off water. In saucepan put one tablespoonful each of flour and butter, brown nicely, add one cupful beef stock, put in the cooked onions, and let it come to a boil, season to taste. About fifteen minutes before serving, add one cupful rich sweet cream. Serve very hot.—Miss Charlotte Wickstrom, Hartford, Vonn.

STUFFED ONIONS.

Select large, even sized smooth white onions. Cut stem end in two a little above the middle of onion. Season to taste. Bake with little water in pan. When tender remove centers, fill with dressing made of dry bread crumbs, chopped meat, season with pepper and salt; moisten with sweet cream and one beaten egg. On top of each put small pieces of butter. Return

to oven and brown nicely. Serve hot on individual plates garnished with lettuce leaf and olives.—Mrs. Dermont, Williams, Ariz.

STUFFED ONIONS.

Select large onions, peel, parboil, remove heart and fill with equal parts moistened bread crumbs, chopped cold beef or chicken, season well, put in buttered baking dish, then cover. Bake one hour.—Mrs. J. S. Irwine, Williams, Ariz.

STUFFED PEPPERS.

Cut top off pepper, take out seed and white membrane with sharp knife. Soak over night in salt water. For one-half dozen peppers, two cupfuls minced veal, beef or ham or a combination of all three, one cup mashed potatoes or rice. Season with salt and butter. Bind together with cream or rich stock. Fill peppers with the mixture and place on end in baking dish with enough hot water to prevent burning. Cover closely and bake thirty minutes. Transfer to a hot dish and serve with following sauce: Two cups stock, one onion, a little minced parsley, one cup tomatoes, salt, two tablespoons butter creamed with two tablespoons flour. Cook gently until smooth.—Mrs. G. H. Barney, Williams, Ariz.

STUFFED BELL PEPPERS.

If the peppers are too old and hot soak in salt and water. Remove stem end, taking out the seeds and pulp. Stuff with chopped ham, tongue, corn beef or any remnant of meat, season with grated onion, pepper and salt, moisten with sweet cream, or butter and milk; put bread crumbs, and a piece of butter on the top of each. Put in a tin basin with a little water, and place in a hot oven until thoroughly heated. Serve hot on a piece of lettuce. The peppers are excellent stuffed with chicken and canned corn or peas seasoned to taste, using a well beaten egg to moisten.—Mrs. Wm. F. Dermont, Williams, Ariz.

STUFFED BELL PEPPERS.

Take six large bell peppers, cut off tops, remove seeds and fill with following: One cup hot boiled rice, three cups hamburger, one small onion, chopped and fried in butter. Mix, season and fill peppers, place in pan on ends, cover with tops, one slice bacon and pour over all one can tomatoes, bake one and one-half hours.—Mrs. Maude Jones, Williams, Ariz.

STUFFED BELL PEPPERS.

One onion chopped fine, two tablespoons butter, one-fourth cup boiled rice, one pound hamburger steak, one can tomatoes, one-fourth pound bacon sliced, one dozen peppers. Fry onion in the butter, add rice and hamburger steak and mix all together. Stuff peppers with this. Place in covered baking dish, pour tomatoes over them and lay slices of bacon on top. Bake in slow oven for three hours.—Mrs. Gadis, Williams, Ariz.

STUFFED PEPPERS.

One dozen peppers, take off the cap and seed. Scald, one-half cup of bread, soak and squeeze dry, one-half onion, one clove, garlic, one cup ham, three of the peppers (minced fine), one tablespoon butter, one teaspoon paprika, one-half teaspoon pepper, mix all together and stuff the peppers, pin on the caps and bake three-fourths of an hour in tomato sauce. Can vary the above by using one cup sliced boiled eggs. —Contributed, Saginaw, Mich.

BAKED STUFFED PEPPERS.

Remove the top and scrape the inside from the pepper. Fill with cold boiled rice and finely chopped boiled ham three-fourths full, moisten with butter just before baking. Add a lump of butter, a few cracker crumbs, pepper and salt. Bake and serve hot.

PARSNIPS.

Clean and peel medium sized parsnips, cook until tender in boiling water. Have skillet with hot butter and fry parsnips brown. Serve hot.—Mrs. Wm. F. Dermont, Williams, Ariz.

BAKED MASHED POTATOES.

Two cups cold mashed potatoes, two tablespoonfuls butter, two eggs, one cup sweet milk. Salt and pepper to taste. Melt the butter, heat the milk and stir both in the mashed potatoes. Add the eggs well beaten, salt and pepper. Put in a buttered baking dish, and bake in a hot oven until browned on top.—Mrs. A. Lebsch, Williams, Ariz.

STUFFED BAKED POTATOES.

Select even, good sized potatoes. Bake in moderately hot oven. Remove potato carefully from the shells, mash, season with butter, pepper and salt, two tablespoonfuls rich sweet cream and beaten egg. Place back in shells, brush beaten egg over top and set in the oven to heat and brown. Serve hot.—Mrs. Wm. F. Dermont, Williams, Ariz.

BAKED STUFFED POTATOES.

Select eight smooth potatoes of uniform size. Wash, pare and soak in cold water to cover one-half hour; drain, put in a dripping-pan and bake in a hot oven, turning frequently. Remove from oven, cut slice from top of each and scoop out the inside; then force through a potato ricer. Add three tablespoonfuls of butter, the yolks of two eggs, six tablespoonfuls of cream, one teaspoonful of salt, one-eighth of a teaspoonful of peper and a few gratings of nutmeg. Set on range and beat two minutes, then add gradually the whites of two eggs beaten stiff. Refill shells and bake five to eight minutes in a very hot oven.

POTATOES EN CASSEROLE.

Cut French balls from pared, raw potatoes or slice one-fourth inch thick; then cut each slice in half. Put one-fourth cupful of butter in an earthen casserole and add the potatoes, dusting with a rounding teaspoonful of salt. Shake the casserole over the fire until each piece is coated with butter and salt; then ad one and a half cupfuls of boiling water or clear soup stock. Cover the dish and set in a moderate oven. Occasionally lift the potatoes with a flat bladed knife or spatula that all may evenly cook. At the end of forty-five minutes they should be tender at which time add a half cupful of hot cream, a dusting of pepper and more of salt if necessary. There must not be too much liquid in the dish, just enough to have the potatoes moist.

SWEET POTATOES.

First boil one-half dozen, then peel, and put in pan to roast. Take two tablespoonfuls of butter, and one tablespoonful of sugar. Season with salt and pepper. Cook until brown in oven.—Mrs. J. W. Smith, Williams, Ariz.

SWEET POTATOES EN CASSEROLE.

Heat the casserole; then add one-fourth cupful grated maple sugar or if this is not convenient use dark brown sugar, and one-third cupful of butter. When the latter is melted, add pared and sliced, crosswise, sweet potatoes to cover the bottom of the dish; then dust with salt and add another layer of potatoes, having them rather loosely placed on the others. Pour over this half a cupful of boiling hot water, cover and set in the hot oven. Cover and fifteen minutes after cooking lift the lower layer to the top so the upper potatoes may cook in the syrup. When tender, serve.

BOSTON BROWN POTATOES.

Wash, dry and rub well with butter as many medium sized potatoes as desired. Bake. When soft, cut piece off flat side, scoop out potato, mash until very light. Place in shells and return to oven to brown. Do not replace piece you cut off side.—Mrs. R. S. Teeple, Holbrook, Ariz.

HASHED BROWN POTATOES.

To one quart of chopped potatoes try out one-half cup of salt pork, cut in dice, after it is brown and crisp add the potatoes. Put in frying pan and let brown on one side as for an omelet. Turn and serve hot.—Mrs. S. Babcock, Manistee, Mich.

POTATO ROLLS.

Mix one cup of flour, one cup cold mashed potatoes, three-fourths cup lard, two eggs well beaten, one-fourth cup sugar, one scant teaspoon salt, add one cup milk and one cake compound yeast in one-half cup warm water. Rise for an hour or two. Add five or six cups flour, make into a dough and rise again. Shape into rolls. Let rise and bake.—Mrs. K. W. Williams, Cynthiana, Ky.

POTATOES AU GRATIN.

Slice cold boiled potatoes, make a cream sauce of butter, flour, salt and pepper. When smooth add potatoes. Let heat through. Put into buttered individual dishes, fold in some chipped cheese. Bake ten minutes in moderate oven.—Mrs. Wm. McIntyre, Phoenix, Ariz.

POTATOES AU GRATIN.

Bake large potatoes; when done, cut in two lengthwise, remove the inside, mash and mix with butter, salt, a little cream and grated cheese. Put in the potato shells, cover with grated cheese and return to oven until brown.—Mrs. Lloyd, Sedro Woolley, Wash.

POTATO SOUFFLE WITH MEAT.

Boil four good sized potatoes, then pass them through a ricer. Add one-half cup sweet milk, tablespoon butter, pepper and salt and beat to a cream. Add the yolks of four eggs beaten thoroughly, then add the whites, which have been previously beaten to a stiff froth. Have ready a well-buttered bake dish, put into it half of the potato mixture, then add a layer of minced ham, then the remainder of the potato mixture.

Spread butter over the top and bake twenty minutes. Serve hot in the bake dish.—Mrs. Guss Dillman, San Francisco Peaks, Ariz.

SCALLOPED POTATOES.

(Irish potatoes.) Peel, slice and put in pan, cover with sweet milk, one tablespoonful of butter, add salt and pepper to taste. Put in oven and cover. Roast until done.—Mrs. J. W. Smith, Williams, Ariz.

SCALLOPED POTATOES.

On the bottom of bake dish put a layer of sliced—cooked or raw—potatoes, then very little seasoned cracker crumbs. Pour over this some milk in which one egg has been beaten and some small pieces of butter alternately, filling up the dish in this way. On the top put thin layer of moistened cracker crumbs. Bake twenty minutes to half an hour. Serve hot. Chopped green pepper adds to the flavor.—Mrs. Wm. F. Dermont, Williams, Ariz.

BOILED RICE.

Cook in double boiler with water enough to cover. When puffed up, add sweet milk and finish cooking. Served hot with cream, sugar and nutmeg sauce. If any should be left, use it next day in a pudding or in soup.—Mrs. Wm. F. Dermont, Williams, Ariz.

SPINACH.

Take three slices of bacon, put in kettle, let fry brown, put spinach into the hot kettle, one cup of water, or just enough to keep it from burning, cover tightly and let simmer until tender.—Mrs. Ed Du Boise, Terlock, Calif.

ITALIAN SPAGHETTI.

One-fourth pound bacon diced, one onion cut fine, one and one-half pounds hamburger steak, one-fourth pound spaghetti, one tablespoon chili, one can tomatoes. Fry bacon, add onion and fry until slightly browned, then add hamburger steak and fry until thoroughly cooked. Boil spaghetti and drain off all water. Mix all together and season to taste. Pour one can tomatoes over this. Bake in covered pan for two hours.—Mrs. Ritter, Williams, Ariz.

BRUSSEL SPROUTS.

As a vegetable, trummed, thoroughly washed, thrown into boiling water and salt, and a small piece of common washing soda. Drain. Boil in a saucepan with the lid off about fifteen minutes, then turned through a colander and drain. Serve with butter sauce or mayonnaise.—Contributed.

HUBBARD SQUASH EN CASSEROLE.

Pare the vegetable, then cut into small cubes and place in a buttered casserole with quarter of a cupful of sugar, half tablesponful of salt, cover and bake three hours or less if the vegetable is tender. When done add a tablespoonful of butter and return to the oven until melted; then whip with a fork until fine and light, adding enough hot cream to moisten. Serve in the casserole.

STUFFED SQUASH.

One cup raw chopped beef, one cup boiled rice, one large onion fried in butter until a light yellow, add beef and rice while hot, season to taste. Take yellow squash, peel and cut off top, take out and fill with dressing and cook until tender. Lay strips of bacon and tomatoes in pan with squash.—Mrs. J. S. Irwine, Williams, Ariz.

BAKED SQUASH.

Cut Hubbard squash into pieces large enough for each individual. Bake pieces in pan, season with pieces butter, pepper and salt. If any remains, make it into a pie for the next day. —Mrs. Dermont, Williams, Ariz.

STUFFED BAKED TOMATOES.

Select even, good sized tomatoes. Do not remove the skin. Stuff with seasoned bread crumbs, chopped cabbage, onion and celery, moistened with cream and beaten egg, pepper and salt. Bake about ten minutes or long enough to keep the tomato from falling. Serve hot on a lettuce leaf.—Miss Charlotte Wickstrom, Hartford, Conn.

FRIED TOMATOES.

Peel carefully nice, round tomatoes, cut in half and dip in corn meal. Fry until nicely browned in hot salad oil. Make a thickened milk gravy, and pour over them, arranging in dish from which they are to be served.—Mrs. J. M. Dennis, San Jose, Calif.

GREEN TOMATOES FRIED.

Select six large tomatoes, season with salt, pepper, slice pretty thick, dip in egg and crackers, fry over a quick fire until a light brown.—Mrs. J. F. Irwine, Williams, Ariz.

FRIED TOMATOES.

Slice ripe tomatoes. Roll in flour with one teaspoon sugar. Salt and pepper to taste. Fry in hot butter.—Mrs. M. I. Ern, Williams, Ariz.

TOMATOES FARCIA.

Remove the inside from six large tomatoes. Fill wtih two slices bread (soaked), some cold meat, a bit of garlic and a little onion, parsley, salt and pepper. Put through meat chopper, add one tablespoon each melted butter and olive oil, one well-beaten egg. Put in tomato shells. Cover with bread crumbs and bake one-half hour.—Miss Parker, Los Angeles, Calif.

TOMATOES AND ONIONS.

Four large onions sliced and boiled tender in as little water as possible. Peel and add to onions one can tomatoes, five green bell peppers sliced, season with salt, pepper, half teaspoon soda, butter size of an egg. Boil until all are tender and serve hot.—Mrs. Ed Du Boise, Turlock, Calif.

STEWED TOMATOES.

One quart can of tomatoes, two teaspoonfuls sugar, one-half pint of rich cream, butter the size of an egg. When cooked, pour over small squares of toasted bread.—Mrs. A. V. Wagner, Williams, Ariz.

JELLIED VEGETABLES.

Soak two level tablespoons gelatine in one-half cup cold water; add one-half cup of vinegar, juice of one lemon, one pint boiling water, one-half cup sugar and one teaspoon salt. Strain and when beginning to set add two cups celery cut in small pieces, one cup chopped cabbage, and one red pepper chopped. Turn into mould and chill. Other combinations are made with French peas, cucumbers, nuts, etc.—Mrs. C. F. Philbrook, Bisbee, Ariz.

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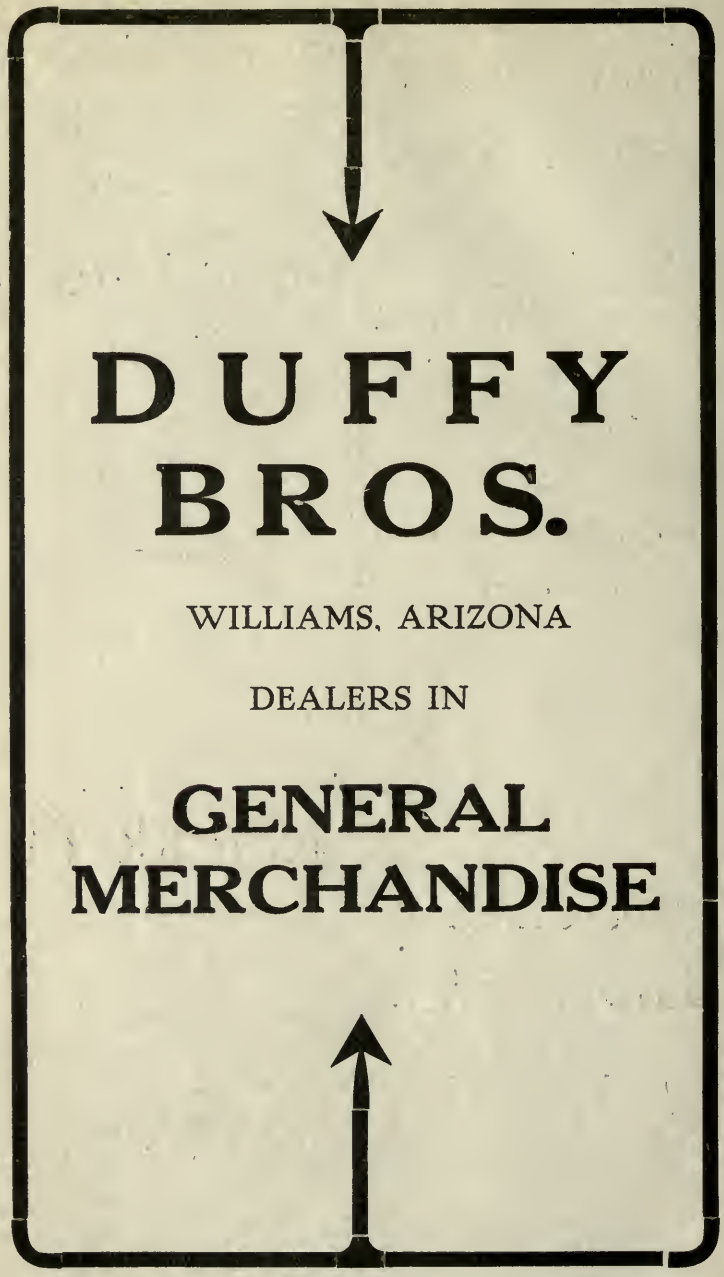
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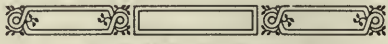
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